Cooking In Morocco

Cooking In Morocco

by the

American Women's Association of Rabat

Edited and Revised with Additional Recipes

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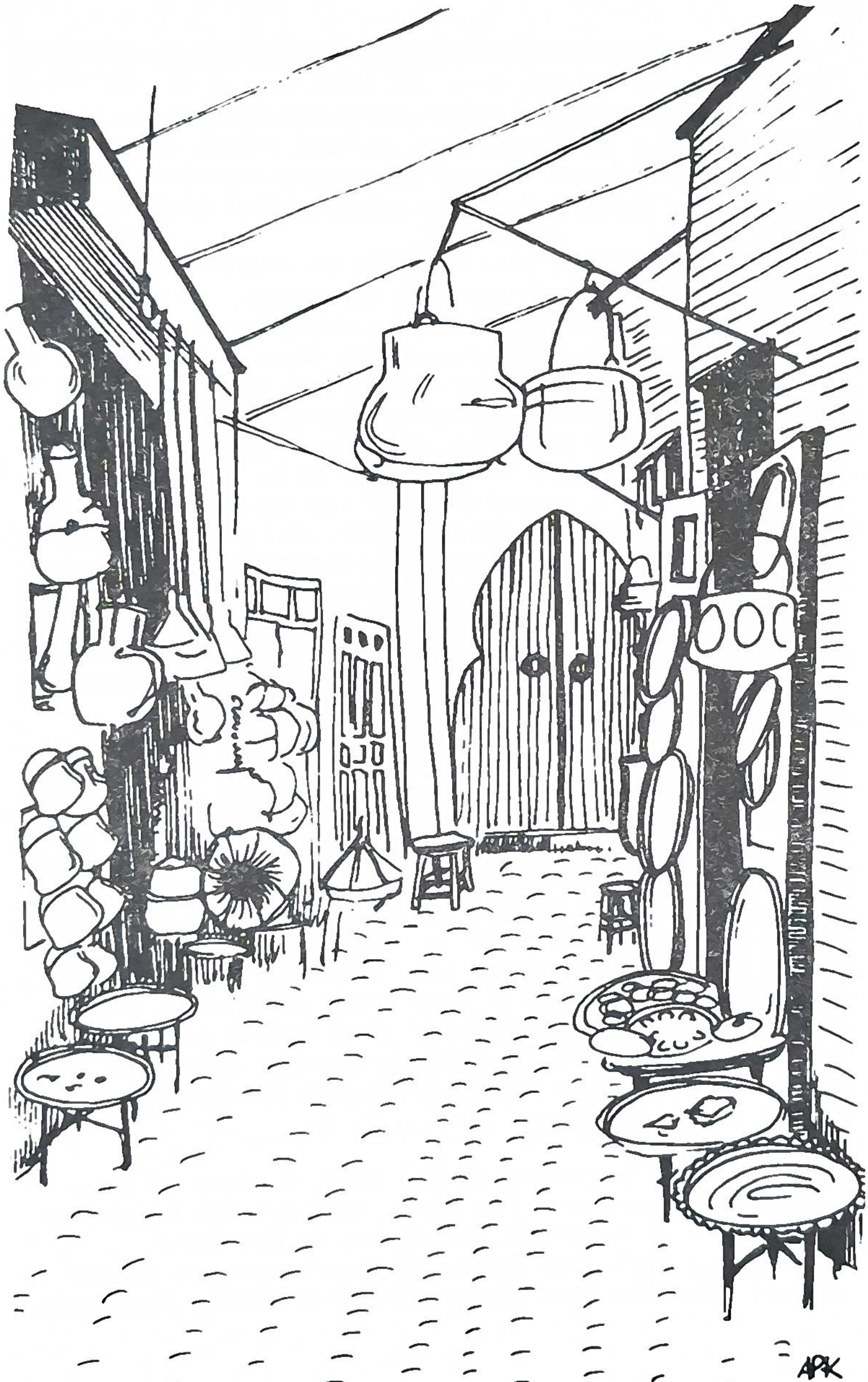
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INTRODUCTION TO DINING MOROCCAN STYLE

Moroccans are a kind and generous people who enjoy receiving guests in their homes. With their graceful manner and their flow of traditional welcoming phrases, the guest is quickly made to feel truly welcome and at ease.

One is soon seated on a banquette; a series of these upholstered banquettes, or backless sofas, line the walls of the Moroccan reception room. The host pokes up the pillow at your back, and places another at your elbow to assure your comfort.

When it is time for the meal to be served, the wife will spread a tablecloth over the table. The coffee table now becomes the dining table, and being round and commodious, any number of people can sit at it. The table is pushed close to the banquettes, the hassocks are drawn up, cushions are piled on the floor if additional places are needed, and when the host has assured himself that everyone is content and comfortable, the feast begins. And a feast it always is.

Hospitality is warm and lavish in Morocco, and guests are served many delicious, contrasting dishes. The host selects choice morsels from each to offer to his guests individually. A variety of salads, including some made from liver and brains, usually starts a Moroccan meal. It is said that the best table is composed of "a dish which swims, one which flies, and one which runs." The salads will, therefore, be followed by a fish dish, then fowl -- most often chicken or pigeon. Lamb is the favored "running" dish and is prepared in a hundred ways. A couscous is usually served as the last course "to tamp things down and aid the digestion" before the dessert.

At the beginning of the meal, a sheet of clear plastic is spread over the cloth, and a large tureen or tagine bowl is placed in the center of the table. Interesting little side dishes of vegetables are placed around, and the host gives a piece of warm, homemade

bread to each person. One eats with the fingers, breaking off a succulent bit from the central dish and dipping it in salt or cumin which is always provided. Clearing the table between courses is a simple matter, as the crumbs and spills and discarded bones all are whisked away, folded up in the plastic cloth.

The number of main courses varies, but there are never less than two. During Ramadan, the month of fasting, the first course is always a soup, Harira, which is served with dates and milk. And at the end of the meal there is always a huge platter of beautiful fresh fruit. A servant passes with the scented water and a towel so that one may wash one's hands.

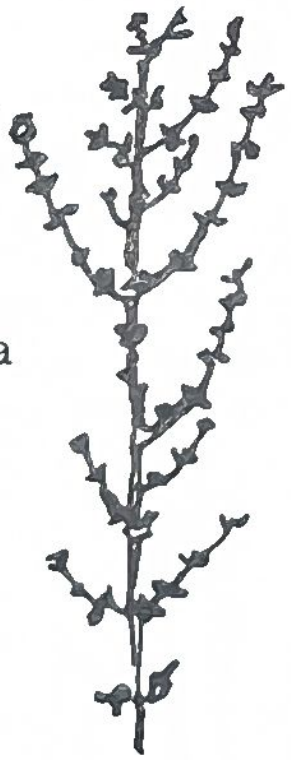
Now everyone shifts about a bit. The table is pulled away from the banquettes, people leave their hassocks to lounge on banquettes which are all around the room. One is encouraged to put one's feet up, to lean back; the considerate hosts are once more tucking up the pillows, and in this atmosphere of ease and fulfillment, conversation flows softly and gently.

After a sufficient time of relaxing and digesting, in comes the mint tea, hot and fragrant. The guests sit up to receive their glasses of tea, and perhaps none too soon. One is so relaxed, so happy, so full; one might be on the edge of, one might just possibly have been about to - doze off a little bit.

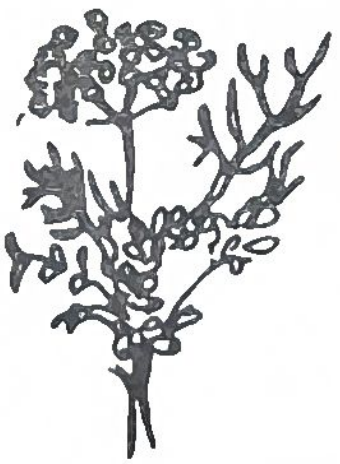
HERBS

All the herbs listed below are available in Morocco as they are all used in Moroccan cuisine. You will find a stand in each of the Marchés which sells dried and fresh herbs. Here are the names by which to ask for them.

English	Arabic	French
Basil	Habaq	Basilic
Bay Leaf	Waqat Sidna Musa	Laurier
Coriander	Kuzbah	Coriandre
Fennel	Bissbass	Fenouil
Marjoram	Mardeddush	Marjolaine
Mint	Naana	Menthe
Parsley	Maadnous	Persil
Sage	Salmiyya	Sauge
Thyme	Zaatar	Thym
Verbena	Louiza	Verveine



THYME



FENNEL

SPICES

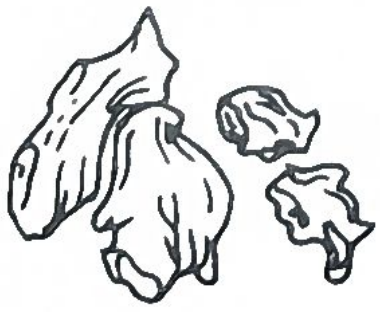
A marvelous selection of spices is available in the spice shops of the Medina. They are very inexpensive and very fresh, and are available either ground or whole. Certain spices like nutmeg and turmeric are worth the trouble of grinding freshly at home. Here is a list of the spices used in Moroccan cooking.

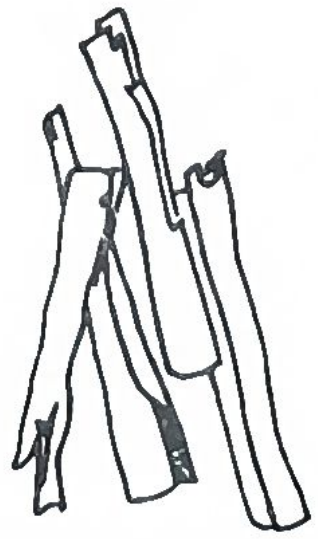
English	Arabic	French
Aniseed	Hubit Halawa	Anis
Black Pepper	Libza	Poivre Noir
Caraway	Karwia	Carvi
Cardamon	Aqarrir	Cardamone
Cinnamon	Qarfa	Cannelle
Clove	Kronfil	Clou de Girofle
Coriander	Kuzbah	Coriandre
Cumin	Kamoun	Cumin
Fenugrieek	Helba	Curri
Ginger*	Skin	Gingembre
Hot Pepper (Chili)	Tahmira Hara	Piments piquants
Mace	Bsibsa	Macis
Nutmeg	Gouza	Noix de Muscade
Saffron	Zaafran	Safran
Sesame	Jinjlan	Sesame
Sweet Red Pepper	Tahmira Halawa	Piments doux
Turmeric	Kharkum	Curcuma
Very Hot Pepper**	Filfla Sudania	Piments forts

*I have not found fresh ginger in Morocco. However, it freezes very well; slice only what you need.

**Crushed dried chili pepper and seeds are often used.

GINGER





CINNAMON

OTHER FLAVORINGS

Ras el Hanout is a mixture of 15 to 45 spices, mixed and ground by the spice vendor or by the individual housewife or cook. Some ingredients are unusual -- rose petals, for instance -- and others are suspect; I am assured that Spanish fly is found in any good blend.

To approximate ras el hanout, mix spices in the following proportions: 1 teaspoon each of cinnamon and turmeric; 1/2 teaspoon each of ground nutmeg and cloves; 1/4 teaspoon each of ginger and mace; 1/8 teaspoon each of: dry coriander, white pepper, allspice, cumin, cayenne pepper, and saffron. Add the following if available: 2 dried Moroccan rosebuds, crushed; 1/8 teaspoon each of malaguetta, galingale, and fenugreek; a pinch of powdered cardamon.

Ingredients used most frequently which add the special flavor of Moroccan cooking to foods include fresh coriander, cayenne pepper, saffron, sweet paprika, cumin, garlic, turmeric, cinnamon, and honey.

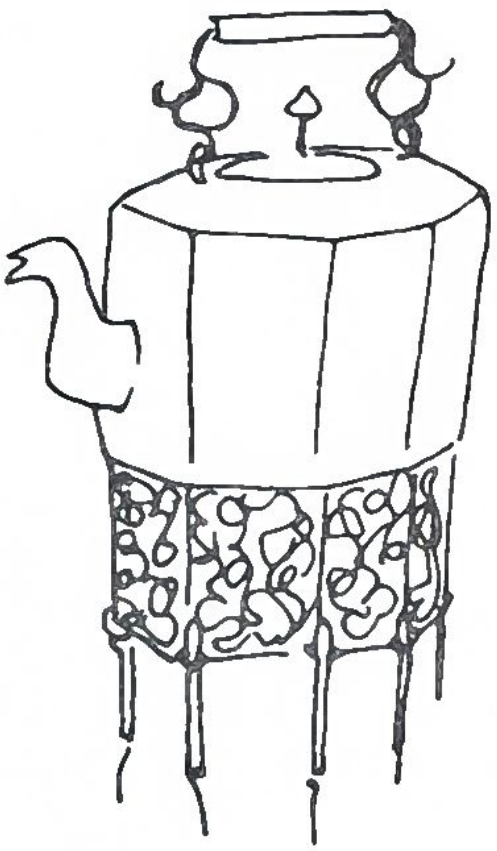
Saffron threads should be heated before using; they can be placed in a spoon held over a burner, or put on the inverted lid of a pot in which something is being cooked, then mixed with a little salt if desired (to form grains) or blended with water (1/4 cup to four saffron threads) before adding to the dish being cooked. All Moroccan kitchens are equipped with a mortar and pestle, mehraz, for blending saffron and other spices.

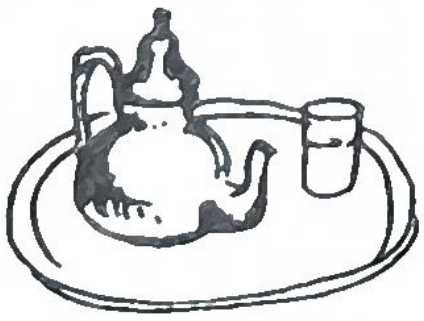
A yellow powder, roumi, or harkhoom (a better quality), which is much cheaper than saffron is often used to add color to some dishes; turmeric also colors foods.

The following exotic items are also very common in Moroccan cuisine: gum Arabic (miska), ambergris (aambar), orange flower water (ma zahar), rose water

(ma ward)*, preserved butter (smen), many varieties of olives, and preserved lemons. (For recipes of these last two, see section on preserves.)

Mint tea, so much a part of Moroccan life, is described and the recipe is given on the section on infusions.





*Recipe is given in section on infusions.

TAGINE, TOUAJEN, AND TAGINE POTS

First of all, what is a tagine?

It's a stew. A stew made from anything. In this book you will find recipes for fish, chicken, beef, and lamb tagines (the Moroccan plural for tagine is touajen). Hardly have you set foot in that lovely country than you begin to hear about touajen. Everyone has his favorite recipe, and even the men are heard discussing the merits of this or that tagine.

There are many shapes, colors and sizes of tagine pots, ranging from highly glazed and decorated ones (tagine sloui) to plain brown clay. It's the clay ones which should be used for the preparation of tagines, as the fancy ones are only good for serving.

When selecting a tagine dish, one should be careful to look for hairline cracks, a frequent occurrence. The bottom surface of both lid and dish should be unglazed and only the inside and top of lid glazed. The unglazed earthenware is also satisfactory. A lid which fits snugly is an asset, but takes patience to find.

The pottery made in the north of Morocco is different from the rest of the country. It is always unglazed and it is smoother looking. There is also a greater assortment of shapes.

Tagine dishes should never be subjected to high heat as cracks will soon appear, thus diminishing the life of the dish. When a recipe calls for browning or searing over high heat, it is better to use a metal pot. Tagine pots may be used on both electric and gas burners, (but use a protective pad, such as an asbestos "flame tamer"), as well as in the oven.

List Your Favorite Recipes Here

Recipes	Page

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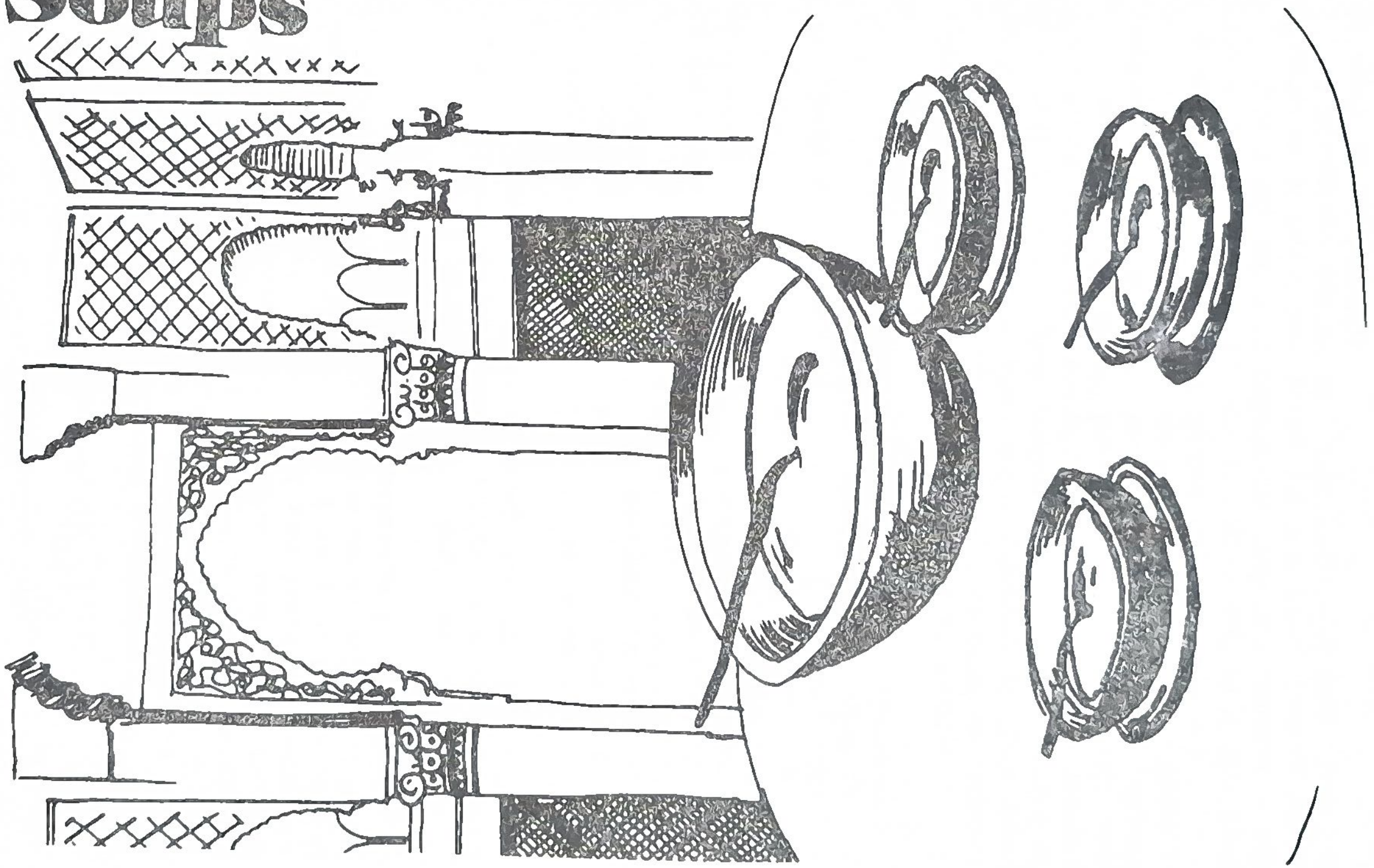
Soups



SOUPS

HARIRA

This nourishing Moroccan soup is taken each night at sundown to break the fast of Ramadan. Many variations are possible; lentils may be substituted for chickpeas or you may use both; the meat can be chicken necks and backs in which case the bones must be removed; yeast may be used for the flour and water if you forgot to make it the night before; rice may be substituted for vermicelli. Serves 8.

Time: Preparation - 30 minutes; cooking - 2 1/2 hours.

Soak overnight 1/3 cup flour in 1 cup water (This provides a slightly sour flavor as well as thickening), 1/2 cup chickpeas in water to cover.

1/2 lb. lean lamb (or beef), diced
2 large onions, chopped
1/4 tsp. saffron
2 Tbsp. paprika
1-2 soup bones (optional)
1 Tbsp. butter
2 Tbsp. salt
1/2 tsp. pepper
1/2 c. dried broad beans (optional)
1/2 c. lentils (optional)
1 1/2 lb. tomatoes or 1 can tomato puree
1 bunch parsley
1 bunch fresh coriander (if available, this gives true Moroccan flavor)
1 Tbsp. butter
1/3 c. inch long vermicelli (or rice)
1 lemon

Brown in a deep pan, filmed with oil, the lamb, onions, saffron and paprika (this amount makes the soup slightly peppery - increase or decrease according to taste). Add 6 cups water, soup bones, butter, salt, pepper, the presoaked chickpeas with skins popped off and discarded, and the dried broad beans and/or lentils, which have been washed and cleaned. Simmer, covered, for 2 hours or more.

Twenty minutes before serving, put through a food mill into the soup pan (or blend with 1 cup water) the tomatoes, parsley, coriander and the flour and water paste. Add 3 cups water and when it returns to the boil, add the vermicelli. When the vermicelli is

(Continued on Page 2)

cooked, add 1 tablespoon butter and the juice of the lemon (or serve a wedge of lemon with each bowl to be squeezed on the soup at the table). The soup should be velvety, so add water or flour thickening if it is not. Taste for seasoning and serve piping hot.

SPLIT BROAD BEAN SOUP

Serves 6. Time: Preparation - 20 minutes; cooking - 1 1/2 hours.

2 1/2 c. dried split broad beans (feve)
10 c. cold water
5 cloves garlic
1 Tbsp. sweet red pepper
1 tsp. cumin
2 Tbsp. olive oil

Wash beans, pick over and place in cold water with garlic. Boil gently for 1 1/2 hours. Add more water if necessary. Puree and reheat with the rest of the ingredients.

This soup is a favorite in winter. It is usually eaten with a side plate of Pickled Peppers (see Preserves section).

VEGETABLE SOUP
(Shorba)

Serves 4. Time: Preparation - 30 minutes; cooking - 2 1/2 hours.

1 lb. soup bones (beef or lamb)
6 c. water
1 Tbsp. oil
1 Tbsp. butter
1/2 lb. lamb, cut into chunks
2 medium onions, sliced
1/2 lb. tomatoes, peeled and diced
1 clove garlic, minced fine
1 tsp. salt
1/2 tsp. pepper
1 tsp. sweet pepper (paprika)
1/4 c. barley
1/2 c. celery, chopped fine
1/4 c. chopped coriander or parsley
juice of 1/2 lemon

Bring bones and water to a boil; simmer, skimming occasionally. Brown the meat in the oil, then lift each piece from grease and drop into soup.

Saute onions in butter and add to soup. Add tomatoes, garlic, salt, pepper and sweet pepper. Cook for 2 hours; then remove bones, scooping out marrow and adding to soup. Add barley and cook another 30 minutes, adding a little hot water if too much evaporates.

Ten minutes before serving, add celery, coriander and lemon juice. Serve piping hot with chunks of homemade bread.

Any vegetables in season may be included in a Shorba such as artichoke hearts, turnips, carrots, okra or zucchini.

CHICKEN HARIRA

Serves 6. Time: Preparation - 20 minutes; cooking - 1 1/2 hours.

1 c. chickpeas or
1/2 c. rice
1 lb. chicken pieces (backs, wings, neck, gizzard) or 1 pigeon
1 c. lentils
1 Tbsp. chopped parsley or coriander
1 chopped onion
1 Tbsp. salt
1 tsp. pepper
1 tsp. roumi (yellow coloring powder)
3 Tbsp. oil
1 1/2 qt. water
1 lemon
1 egg

Presoak the chickpeas in the 1 1/2 quarts water. Chop chicken parts into several pieces; disjoint pigeon, chopping back and breast into 3 or 4 pieces. Chop parsley and onion. Add to chicken pieces and seasonings; put everything in kettle with the oil. Heat gently, stirring, for a few minutes only. Add water, chickpeas and lentils. (If using rice instead of chickpeas, add 1/2 hour before cooking ends.) Cover, bring to a boil and skim. Re-cover and simmer for 1 1/2 hours, adding rice after 1 hour.

Beat the egg and mix with juice of 1/2 lemon; stir into the hot soup before serving. Serve with remaining 1/2 lemon, cut into wedges.

Variations sometimes found in different sections of Morocco: Add turmeric, ginger or cinnamon. Rice is always added to the Harira of Fes, along with several spices including cloves. Cubed potatoes are sometimes added. In Marrakech, more herbs are used. As with most Moroccan cooks, the individual is proud that his recipe is a little different.

HARIRA - ANOTHER VERSION

Serves 8-10. Time: Preparation - 20 minutes; cooking - 2 hours.

Several hours or the night before mix together:

1/2 c. flour
1 oz. compressed yeast (or 1/2 oz. dry)
1 c. water
pinch of salt

Cover and leave in warm place.

1/4-1/2 lb. meat, cut in 1-inch pieces
1-2 soup bones
1 c. lentils
3 Tbsp. oil
3 Tbsp. butter
1 onion, chopped
1/2 tsp. saffron
2 Tbsp. parsley, chopped
2 Tbsp. salt
2 tsp. pepper
6 cinnamon sticks
small bundle celery tops and coriander, tied together
2 whole ginger roots
1/4 c. tomato concentrate (or 2 lb. fresh tomatoes)
1 1/2 c. hot water
1/4 lb. vermicelli
4 eggs
3 lemons*, cut in wedges
1 qt. milk*
1 lb. dates*

*These ingredients are served with the soup.

Place the first 13 ingredients (through ginger roots) in large, heavy pot and heat over high flame. Stir to avoid scorching. When this mixture becomes hot and the meat changes color, add water to cover, cover pot and continue to cook.

After the meat broth has cooked for about 45 minutes, add the flour mixture (which should be very smooth) and twice that much hot water; mix well. Continue cooking.

In a bowl, place the tomato concentrate and slowly add 1 1/2 cups hot water; mix well. Add diluted tomato concentrate and vermicelli to the Harira, stirring frequently until desired consistency, approximately 30-45 minutes. The meat should be very tender, the lentils and vermicelli cooked.

Turn off the flame and remove the soup bones and the bundle of celery and coriander. Add 4 whole

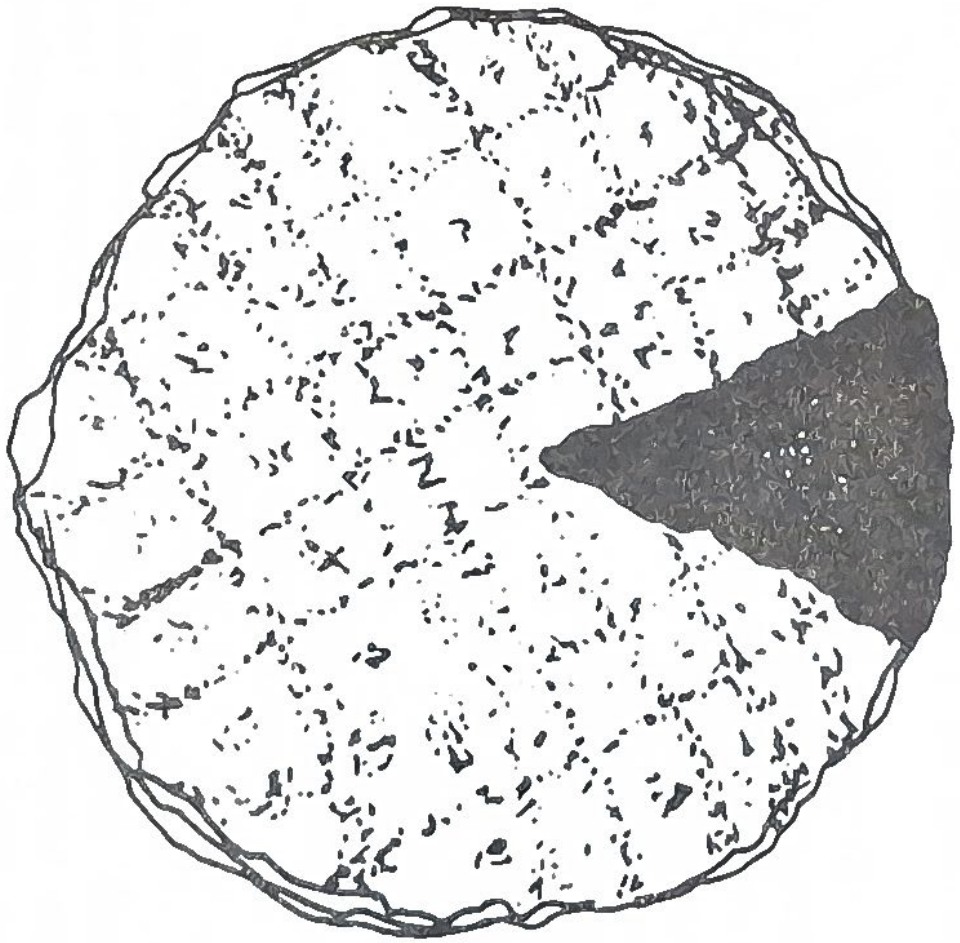
(Continued on Page 6)

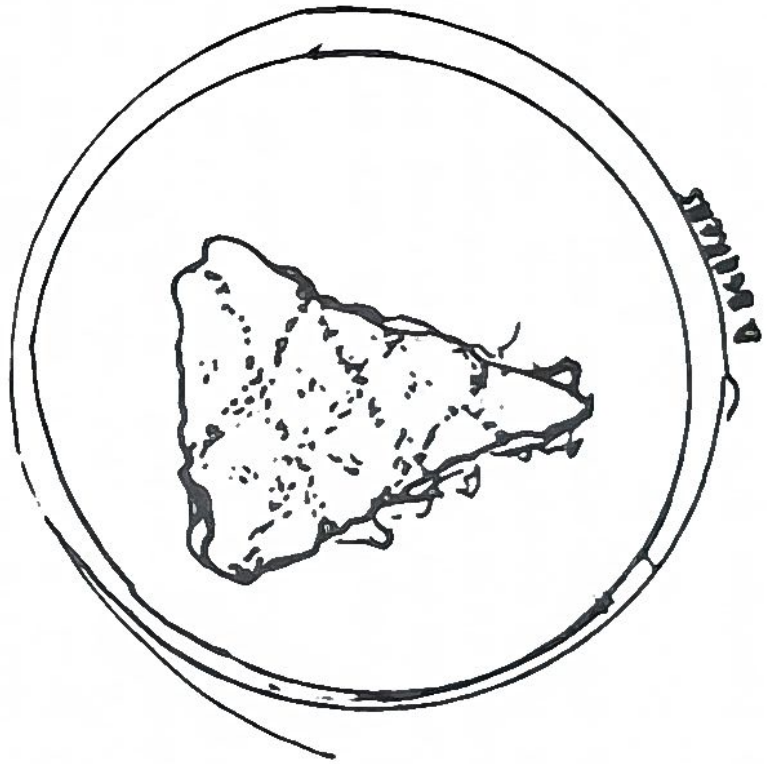
eggs, one at a time (crack into a saucer or small bowl to make sure each egg is good), stirring after each egg to achieve a Chinese egg drop effect. Correct seasoning. Serve hot with a wedge of lemon beside each bowl or a small pitcher of fresh squeezed lemon juice for each guest to add as desired.

This recipe is from the Moroccan Peace Corps cook book.

** EXTRA RECIPES **

Warka - Bsteeya





BSTEEYA

If you have bitten into the crisp, golden pastry of this most elegant of Moroccan dishes, if you have savored the rich, delicate stuffing, both sweet and hot, then perhaps you have thought that this dish must be too difficult to make at home.

Alas, you may knead the dough, cook the stuffing, but unless as a little girl you have thrown the dab of dough onto the hot metal pan, like a ball bouncing on an elastic, you will never achieve the perfection of the pastry, as white, light, and pliable as rice paper.

Though not quite as fine as homemade, these leaves of pastry, called "warka" can be purchased in the medina. And with the following recipe to tell you how to prepare the stuffing and assemble the bsteeya, you, too, can bring to the table this spicy, frosted disc of pastry - a delicacy of Moroccan cooking.

In Rabat, "warka" can be bought in the medina on the extension of Allal-Ben-Abdallah Street. After crossing the first, main thoroughfare (Souika St.) within the walls, continue straight on and you will see on your right little shops selling fritters. Most of these "beignet" shops also sell "warka". Here, too, you can purchase the rancid butter ("smen") which gives a characteristic flavor to the bsteeya. "Warka" is also available in the Grand Marché.

(In the States, try phyllo pastry which is Greek, or strudel pastry leaves, which often can be purchased at a supermarket. The warka leaves are almost 12 inches in diameter. If your pan is at least as wide as your pastry, the bsteeya will be neater because each leaf can lie flat.)

Bsteeya is usually served at the beginning of a Moroccan meal, but some prefer it at the end. If you

are living in Morocco, you can order it from the neighborhood baker or from a restaurant, and have it delivered to your house just in time for dinner.

WARKA - BSTEEYA

PIGEON PIE
(B'steeya)

Serves 6-8. Time: Preparation - 1 1/2 hours, including cooking and assembly; final cooking - 15 minutes.

1 c. butter
6 baby pigeons (squab)
1 1/2 tsp. salt
1/4 tsp. white pepper
1/8 tsp. saffron
3 tsp. cinnamon
2 lb. onions
1 garlic clove
1 c. blanched almonds
1/2 c. seedless raisins
3 Tbsp. chopped parsley
6 eggs
12 sheets warka (phyllo or strudel sheets are good substitutes)
2 Tbsp. confectioners sugar

In Morocco, the pigeons are cooked whole, then disjointed and placed in the pie with bones. I prefer to disjoint them before cooking and to bone them before adding to the pie.

Melt 3/4 of the butter in a heavy pan or Dutch oven. Chop enough onions to make 1/2 cup; crush garlic clove; chop the almonds coarsely. Disjoint the pigeons and brown briefly in the melted butter. Sprinkle with salt, pepper, half of the cinnamon and the saffron which should be briefly heated on inverted lid over the warm pan. Soak the raisins briefly.

Add the chopped onions, the garlic, almonds and raisins to meat. Cover and cook together gently until the birds are tender, 35-45 minutes.

Meanwhile, slice remaining onions. When the meat is done, remove with raisins and almonds, leaving as much butter as possible in the pan. Salt the onions lightly. Place in pan together with chopped parsley and simmer gently, uncovered, 15-20 minutes.

While the onions are cooking, bone the pigeons and dice the meat if you wish. Beat eggs with a little melted butter, salt and pepper.

Remove onions when cooked, again letting as much butter remain in the pan as possible. Cook the beaten eggs in this butter until solid. Remove and dice this omelet.

(Continued on Page 8)

Butter a large, shallow skillet (you can add any butter remaining from the cooking to this skillet). Melt remaining butter. Place 4 sheets of the pastry in the center of the skillet, buttering lightly between each. Put 4 more sheets around the edges so that they extend well beyong the pan; they will be folded over to close the pie and should meet in the center when folded. Spread half of the cooked onions on the pastry, then half of the omelet. Put all the diced meat, raisins and almonds on this. Top meat with remaining omelet, then remaining onions. Fold extended pastry closed on top of the filling. Top with remaining 4 sheets of pastry, lightly buttering between the sheets. Stick pastry closed with water where necessary.

Cook over a very low flame for 5 minutes, until pastry is golden. Slip pie out onto a dish; butter the skillet lightly and return pie to skillet upside-down to cook the other side for 5 minutes.

To serve, place Bsteeya on a large platter and sprinkle powdered sugar over the top. Then carefully make lines of cinnamon to form a grill pattern. Serve small saucers of powdered sugar to be added individually at the table.

Moroccans eat Bsteeya with their fingers. It is placed in the center of the table and everyone shares. If you prefer to make individual servings, cut into pie-shaped wedges.

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BRIAOUT

Yield: 12 Briaout (triangle turnovers) or 3 dozen small canapes. Time: Preparation and cooking together - 1 hour.

1 lb. finely-ground lamb
1/2 c. chopped onion
1 garlic clove
2 Tbsp. chopped parsley or fresh coriander and parsley, mixed
1/8 tsp. black pepper
1/4 tsp. cinnamon
1/4 tsp. cloves
1/2 Tbsp. salt
2 eggs
1 Tbsp. bread crumbs
12 sheets warka or phyllo or strudel leaves
12 lemon wedges
1 c. vegetable oil for frying

Put first seven ingredients in saucepan with no fat; sprinkle the salt over this. Heat gently, stirring, until the meat separates into grains. Continue cooking until the moisture created by the onion evaporates (about 20 minutes), stirring occasionally. Add 1 egg and stir; remove from heat. Add other egg and stir. Add bread crumbs if the mixture seems thin. Allow to cool.

Spread 2 tablespoons meat across center of each strudel leaf or warka (these can be bought in the Medina or at the Grand Marche). If using large strudel leaves, 16 x 8 inches, fold them in halves first. Fold or roll the leaves up into an oblong shape, tucking the circular edge in at each end. Fold one end of the pastry up at an angle then fold back down, making a triangle; continue until the last fold, which should be tucked into the previous flap. Stick edges closed with a little water.

Heat the oil in a shallow pan to 360°; place the filled pastry sheets in oil and cook about 8 minutes or until brown, turning once. Drain well. Allow to cool and serve with lemon wedges.

To make canapes, roll sheets up over filling, tucking in ends, as in an egg roll. Place sealed side down in the hot oil. When cooked, slice each roll into 3 parts and sprinkle lemon juice over canapes before serving.

RAIF WITH MEAT

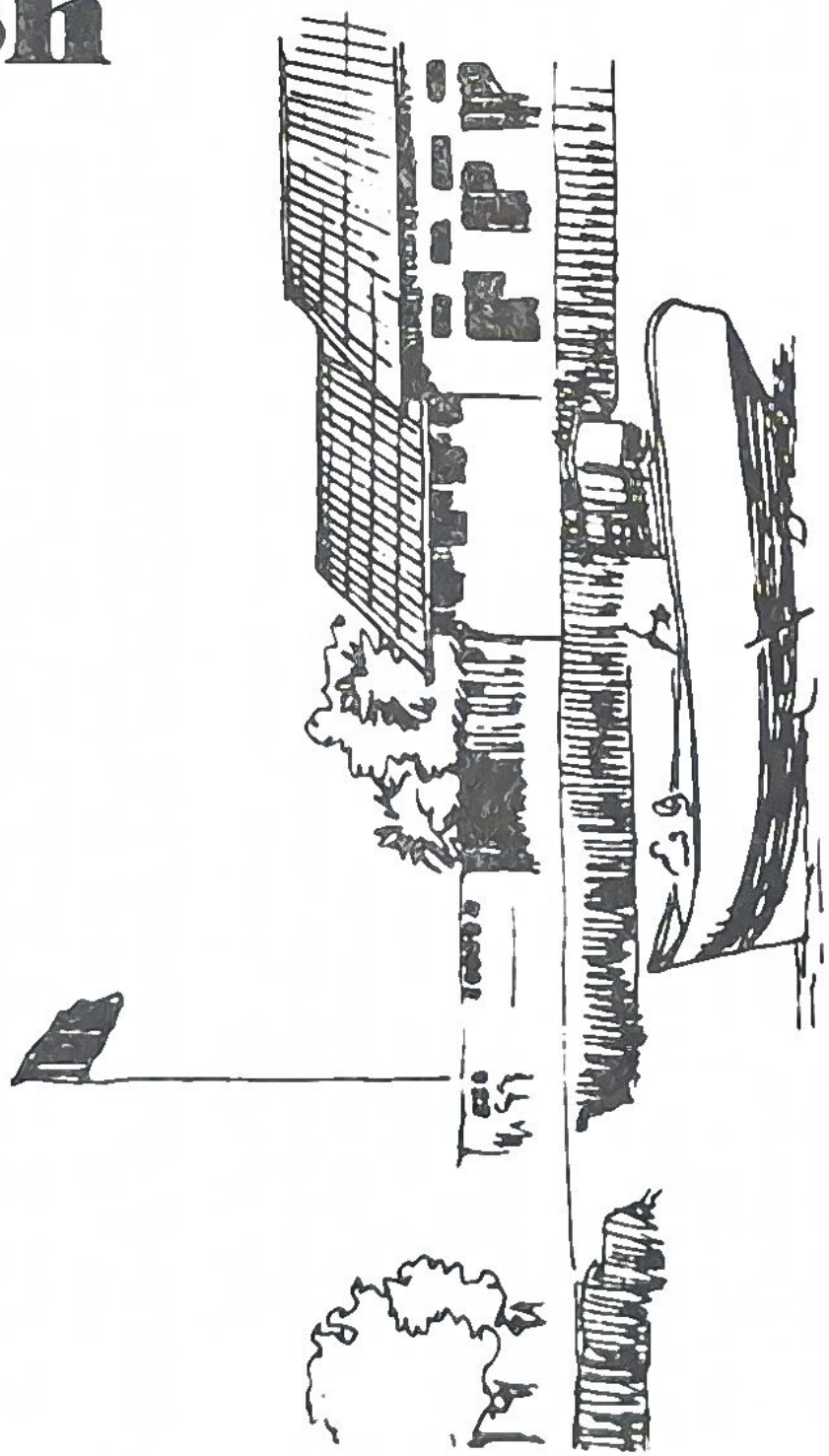
Prepare raif, thin Moroccan pancakes, according to the recipe for raif in the Dessert Section. Before folding the dough, sprinkle each pancake with 2-3 tablespoons chipped beef or grated cheese.

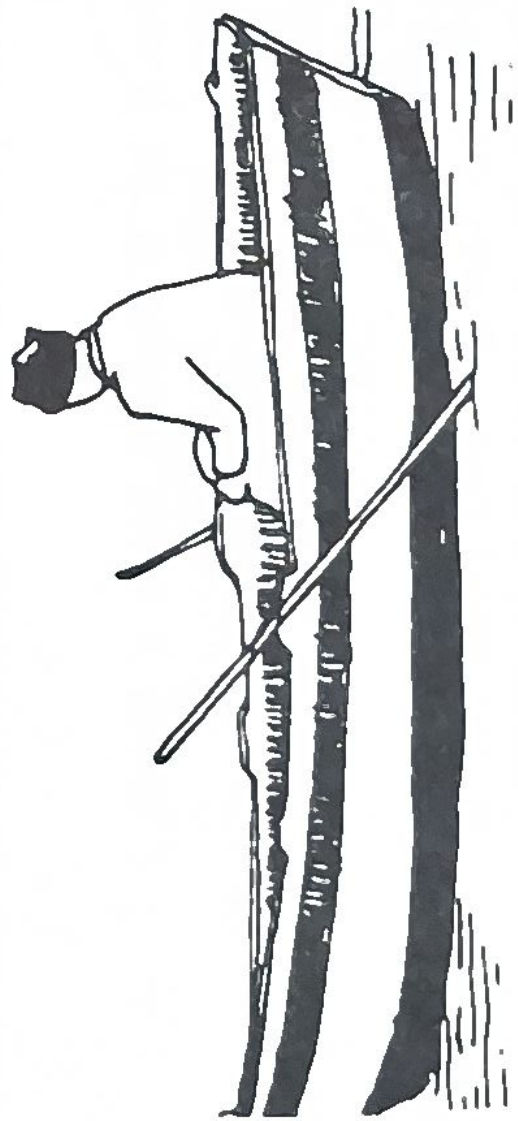
To use chipped beef, soak in water for a few minutes and squeeze dry. Then shred it somewhat with fingers or knife.

This approximates a Moroccan recipe which uses meat which has been dried as a method of preserving it.

The grated cheese idea is mine; one Moroccan recipe calls for a soft cheese, but this is difficult to obtain.

Fish





FISH

Blessed with a privileged geographical position giving Morocco a coast on the Atlantic Ocean as well as on the Mediterranean Sea, fish, in this country, are varied, relatively inexpensive and abundant all year long.

With its numerous lakes, rivers, springs and brooks, Morocco offers, in addition, many enjoyable hours to the energetic fisherman, whether skillful or not. As for the adventurous cook who aspires to present family and friends with exotic dishes, Moroccan fish recipes provide ample opportunities to fulfill the desire to please and make new friends.

Nothing is more pleasing to the eye and nose, as well as to the palate, as a big fish cooked to perfection, just out of the oven, half smothered with tomatoes, onions, peppers and herbs, all delicately brown and the golden juices still bubbling!

The markets of all big cities in Morocco are well provided daily with fresh fish. However, it seems that Safi, a port specializing in sardine fishing on the Atlantic coast, has, in addition to bigger and better sardines, also more varieties of fish.

To reassure yourself of the freshness of the fish of your choice:

1. Smell it; it should have a fresh salty smell.

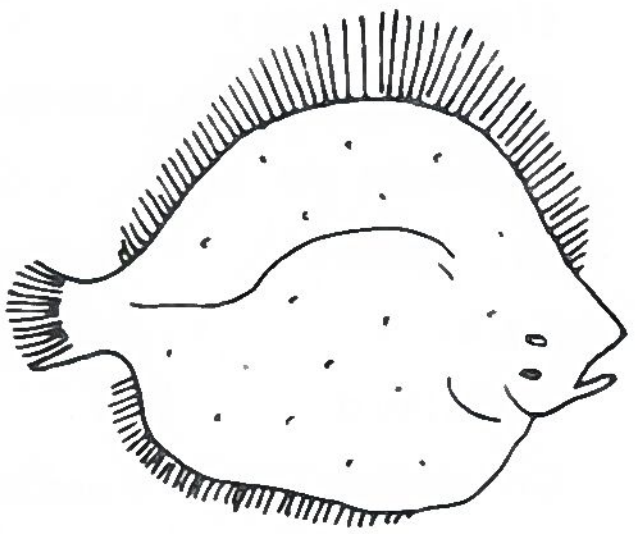
2. Look it in the eye; it must be bright and firm.

3. Pick up the gill and peek in; it should be a moist red in there.

4. Poke it; the flesh must be firm.

Fish are weighed before cleaning. Most Moroccan cooks prefer to scale and clean the fish at home, but this can be done in the market for you; a small tip is expected. Sole, turbot, and John Dory will also be skinned and filleted for you if you wish.

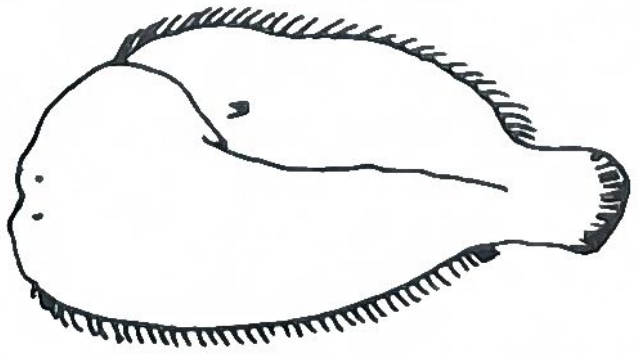
Palomette is a locally packaged smoked fillet similar to smoked salmon.



NAMES OF FISH

American	British	French	Arabic
Anchovy	Anchovy	Anchois	Shtone
Angler fish	Eel Pout	Lotte	
Bass, Sea	Sea Bass	Loup de mer	Derrii
Bass, Black	Black Spotted Bass	Bar Tachete (Loup Tigre)	Nbeetaa
Carp, Sea	Corb	Ombrine	Corb
Clam, tiny	Clam	Haricots de mer	
(Flat fish)	John Dory	St. Pierre	
Hake	Hake	Colin	Colain
Codfish	Cod	Cabillaud	
Conger eel	Conger eel	Congre	Farakh
Crab	Crab	Crabe, Araignee	Akraeesha
Crayfish		Ecrevisse	
Eel	Common eel	Anguille	Noon
Grouper	Grouper	Merou	Miro
Hake	Hake	Merlu	
Halibut	Halibut	Fletan	
Lobster	Lobster	Homard	Omar
Lobster, Rocky	Lobster, Spiny	Langouste	Languste
Mackerel	Mackerel	Maquereau	
Mullet, Red	Red Mullet	Rouget de Roche	
Mullet, Striped	Striped Mullet	Rouget Barbet	
Mussel	Mussel	Moule	Bahrar

American	British	French	Arabic
Oyster	Oyster	Huitre	
Pike	Pike	Brochet	Meza
Porgy	Bream	Dorade	
Prawn	Prawn	Crevette Royale	Kamtoon Kbir
Red Snapper	Pandura	Pageot Rouge	Pajo
Salmon	Salmon	Saumon	
Sardine	Pilchard	Sardine	Sardim
Sea Urchin	Sea Urchin	Oursin	Kraa el Abd
Shad	Shad	Alose	Shaball
Sheephead		Sarre	Serro
Shrimp	Shrimp	Crevette	Kamroon
Skate, Ray	Ray	Raie	Raia
Smelt		Eperlan	
Sole	Plaice or Sole	Sole	Sole
Squid	Squid	Calmar	Calamar
Swordfish	Swordfish	Espadon	Spado
Trout	Trout	Truite	Trweet
Tuna	Tuna	Thon	Ton
Turbot	Turbot	Turbot	Turbo
Whiting	Whiting	Merlan	Merla



FISH

BAKED FISH A LA FATNA

Serves 6. Time: Preparation - 15 minutes; cooking - 1 hour.

Use a red snapper, sea bass or other light-fleshed fish (about 4 pounds).

Stuffing Mixture:

juice of 1 lemon plus the skin (yellow part, grated)
3-4 cloves garlic, finely chopped
1/2 c. parsley, finely chopped
1 tsp. cumin
1 tsp. paprika
1/2-1 tsp. freshly-ground black pepper
4 tomatoes, peeled and chopped
1/2 c. olive or salad oil
1 tsp. salt

Garnish:

4 sliced onions
3 slices tomatoes
1 sliced lemon

Have the fish cleaned and scaled at the market, leaving on the head and tail. You will need a large ovenproof dish suitable for both baking and serving.

Wash the fish thoroughly and let soak for about 10 minutes in cold water with 1/4 cup vinegar and 1 tablespoon salt. Heat oven to 350°.

Meanwhile, prepare Stuffing Mixture in a bowl.

Place 4 thinly-sliced, medium-sized onions along the center of the baking dish, then lay the fish carefully on top. Spoon the stuffing mixture into the cavity of the fish and over the top and sides so the fish is thoroughly covered. Arrange 3-4 thinly-sliced tomatoes around the edges and place 3-4 thin slices of lemon on top of fish as garnish.

Add just enough water to cover the bottom of the platter (about 1/2 cup). Lastly, squeeze 1/2 lemon over the top of the whole thing. Cover with foil or a lid if your dish has one and bake for 30 minutes

(Continued on Page 12)

BAKED FISH A LA FATNA (Continued)

without basting. Remove cover and bake another 30 minutes or until the fish is cooked through but not dry. The water should be absorbed but the platter should not get a dark brown, burned look.

Serve directly from the oven with small new potatoes, rice or other bland vegetables.

Do not turn the fish while cooking as it is very delicate and will fall apart easily!

SEA BASS FLAMBE ON FENNEL STALKS

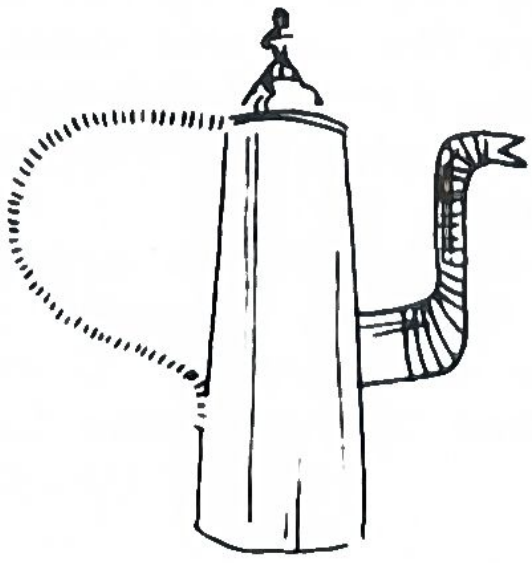
Serves 2. Time: Preparation - 5 minutes; cooking - 16-20 minutes.

1 whole fish, cleaned (about 2 lb.)
soft butter
a bit of salt
1/4 c. warmed brandy or Pernod/Ricard

Take a whole bass and place a few stalks of fennel inside. Rub the outside with butter and a bit of salt. Put under the broiler for 8-10 minutes per side.

For serving, prepare a bed of dried fennel stalks on a flameproof serving platter. Place the fish on it. Bring it to the table, pour the brandy over all and ignite.

While this is not a Moroccan dish, it has been included because the delicious sea bass (loup) and fennel are both available in Rabat.



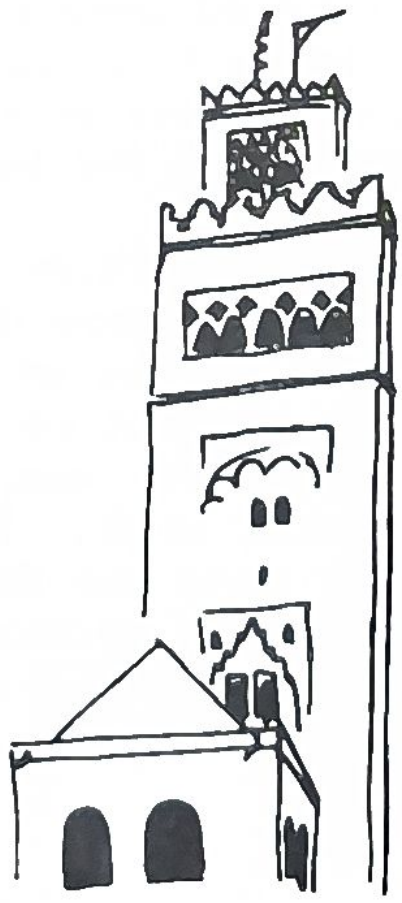
BAKED SEA BASS WITH CUMIN

Serves 6. Time: Preparation - 15 minutes; cooking - 40 minutes.

1/2 c. olive oil
1 tsp. salt
1/2 c. finely-chopped parsley
1 tsp. ground cumin
1 tsp. paprika
1 tsp. finely-chopped garlic
freshly-ground black pepper
3-3 1/2 lb. striped bass, eviscerated, but with head and tail left on
lemon quarters

In a small bowl, combine the salt, parsley, cumin, paprika, garlic and a few grindings of black pepper. Add the oil and mix to a paste. Wash the fish quickly under cold running water, then pat it dry inside and out with paper towels. With a small, sharp knife, make three slanted gashes on each side of the fish, then lay fish in the center of a large sheet of heavy-duty foil. Pat the paste on both sides of the fish, leaving the head and tail exposed. Spread the remaining paste in the cavity. Wrap the fish securely in the foil and place it on a large jellyroll pan.

Bake for 30 minutes in an oven preheated to 400°. Open the foil and turn the fish out onto a large heated platter and surround with lemon quarters.



BAKED WHOLE PAGEOT

1 (4-5 lb.) whole fish, including head and tail
1/4 c. chopped onion
1/2 c. olive oil
2 garlic cloves
2 lb. tomatoes
2 green peppers
1 cinnamon stick
1 (1 inch) piece fresh ginger, thinly sliced
1/8 tsp. saffron
1 tsp. coriander seed
1 Tbsp. sweet paprika
1 Tbsp. powdered cumin
1 Tbsp. salt
freshly-ground black pepper
1/2 c. butter
1/2 c. black olives, sliced
2 lemons
2 Tbsp. chopped parsley

Clean and scale fish, leaving head and tail. Make several gashes into skin on each side.

Slice the garlic and simmer briefly in 3 tablespoons olive oil together with chopped onion. Peel and seed tomatoes and slice thickly. Cut peppers in halves and seed. Add to the oil, together with following six ingredients, 1 teaspoon of the salt and several twists of the mill of black pepper. Allow to cook rapidly without a cover, stirring, until sauce is thick, about 20 minutes.

Preheat oven to 350°. Oil a large baking pan or ovenproof serving dish. Rub the whole fish well with pepper and remaining salt. Put some sauce inside the fish as well as within the gashes. Place fish in baking pan; pour remaining sauce over it. Dot with the butter and drizzle remaining oil over this. Bake the fish at 350° until almost done, 45-50 minutes, basting occasionally with the sauce. (Test occasionally after 30 minutes by inserting a fork along the backbone. Meat should flake easily.)

Meanwhile, chop parsley and squeeze the juice of 1 lemon; slice remaining lemon decoratively. Slice olives. Green olives may be mixed with the black olives (which should be fresh, not canned), if desired.

Five minutes before removing the fish from the oven, remove cinnamon stick. Pour lemon juice and sprinkle the parsley over the fish. Add a little oil if it seems dry. Baste again; sprinkle sliced olives over all, then return to oven for final 5 minutes.

BAKED WHOLE PAGEOT (Continued)

Decorate whole fish with lemon slices and a bit more chopped parsley before serving.

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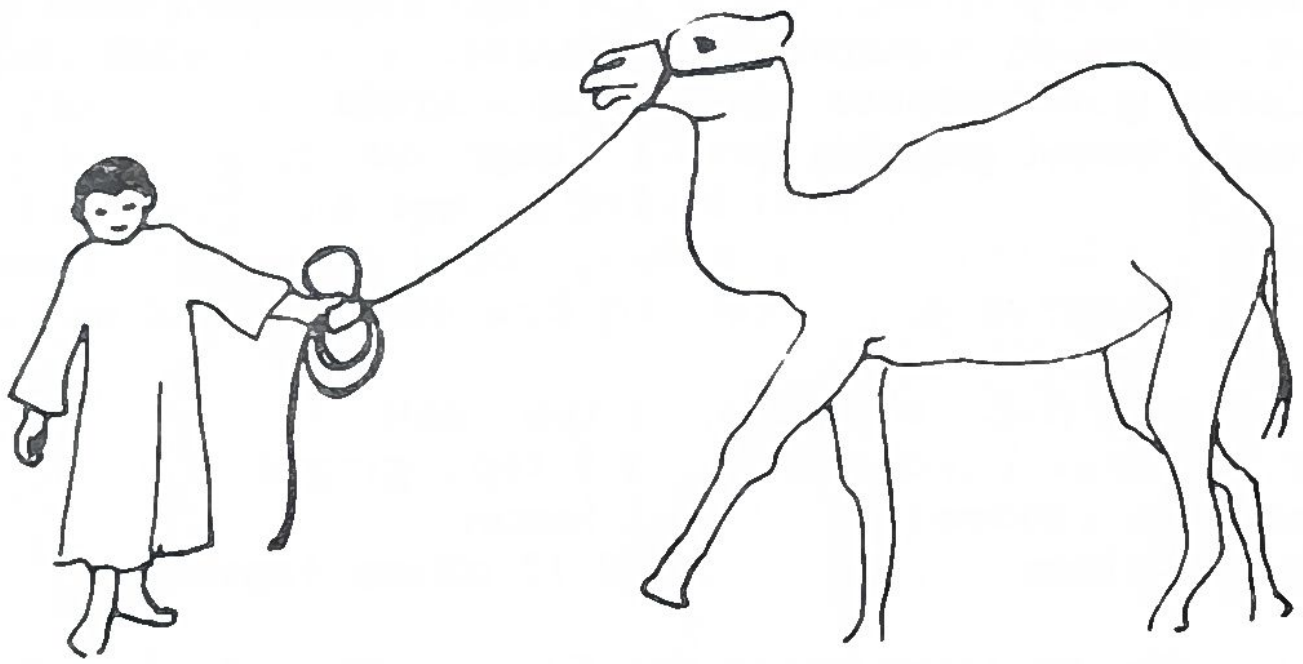


FISH BAKED WITH CHERMOULA

Time: Preparation - 1/2 hour; cooking - 1/2-3/4 hour.

Chermoula is the Moroccan name for the mixture in which whole fish or fish slices are marinated and then baked or fried. Combinations of spices and seasonings vary, of course, but the ingredients listed here are usually included in any Chermoula.

Chermoula:

2 Tbsp. chopped parsley
1/4 c. chopped coriander
3 minced garlic cloves
1 Tbsp. sweet paprika
1/4 tsp. cayenne (more to taste)
2 tsp. cumin
1 Tbsp. oil
1/4 c. water

To serve 4:

1 (3-4 lb.) fish, whole or cut into 1-inch slices
Chermoula (above)
1 lb. tomatoes
1 tsp. salt
1/2 tsp. ginger
1 lemon
10-12 olives (optional)

Mix all ingredients for Chermoula and spread over fish or turn fish slices in mixture several hours before cooking (or the night before).

Peel, slice and seed tomatoes; add salt and ginger. Cook until slightly mushy. Mix with Chermoula which has been drained from the fish. Place fish in tagine or baking dish; pour sauce and tomato mixture over it. Slice lemon and place on top of fish. More parsley may also be added on top. Scatter olives around dish if you are using them. Cook in a 375° oven for 1/2-3/4 hour. (Whole fish should be cooked through along the backbone.) If cooking over a burner, use a low flame and keep an eye on fish to be sure it won't burn. A little oil may be put in the pan before placing the fish in it.

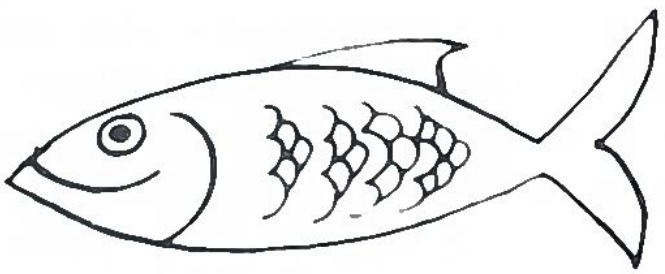
This dish is often eaten cold.

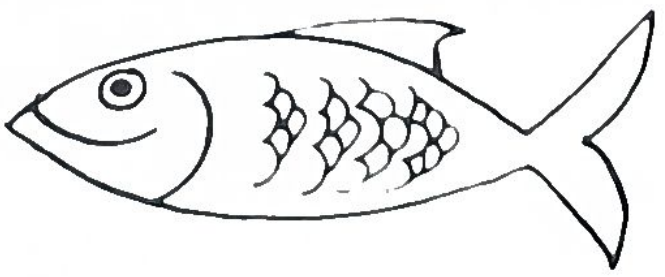
SHAD

Shad is a delicious migratory fish which swims up river to spawn in the spring. It is available in most Moroccan coastal cities in March and April -- and also along America's Eastern seaboard in the Washington area. Try to buy a female, for the roe is justifiably famous.

SHAD ROE

Remove the two long roes from the fish carefully, keeping the thin skin whole. Brown 4 slices of bacon; remove and keep warm. Add a little butter to the pan. Dust the roe with flour and brown in the pan, turning once. Salt. Cover the pan and cook over low fire until the roe is cooked through, about 10 minutes. Squeeze lemon juice over the roe and serve with the bacon slices and parsley.





SHAD STUFFED WITH DATES

Serves 6. Time: Preparation - 20 minutes; cooking - 1 hour.

1 (5-6 lb.) shad
1 lb. dates
1/2 c. cooked rice
1/2 c. ground almonds
1 tsp. sugar
1/2 tsp. ground ginger
1/4 lb. butter
1 tsp. salt
1 1/2 tsp. black pepper
3/4 c. chopped onion
1/2 c. water
1/3 tsp. cinnamon

Slit the shad almost completely open along the belly, above bones.

Remove pits from dates, keeping fruit whole as much as possible. Mix rice with almonds, sugar, half the ginger and 2 tablespoons of the butter. Stuff dates with this mixture. Stuff the shad with the dates and sew or skewer closed. Melt half of the remaining butter in a baking dish and place shad in dish. Sprinkle shad with the salt, pepper and remaining ginger. Dot with remaining butter. Add the chopped onion and water to dish.

Bake at 350° in the oven for 1 hour, basting frequently. Raise heat to 450° and sprinkle the cinnamon over the fish. Replace baking dish on upper rack of oven until shad is browned. (If your flame is at the bottom of oven, place baking dish on low broiling rack.)

Remove thread or skewers before serving the shad in its baking dish.

If extra dates remain, place them around shad in the baking dish towards the end of cooking time.

FISH FILLETS TETOUANAISE

Serves 4. Time: Preparation - 30 minutes; cooking - 10 minutes.

2 lb. sole or whiting fillets
1 c. milk
1 tsp. salt
1/2 c. flour
oil for frying
1/2 lb. shrimp in shells
6-8 green olives
1 minced garlic clove
1 Tbsp. minced parsley
1 Tbsp. minced fresh coriander
1/2 tsp. salt
2 Tbsp. cooking oil
1 tsp. sweet paprika
1/2 tsp. hot pepper (optional)
1 Tbsp. vinegar

Soak the fillets for 5 minutes in the milk to which the salt has been added. Drain and coat fillets with flour.

Meanwhile, prepare fish sauce. Drop shrimp in boiling water for 3 minutes; drain and peel. Chop shrimp coarsely. Pit and mince the olives. Mix with the shrimp, parsley, coriander, garlic, salt and oil. Start cooking this over a moderate flame. Add the paprika and hot pepper (chili powder can be used). After a minute or two, add the vinegar. Swirl around until well blended. Remove from fire but keep warm while cooking the fillets.

Plunge floured fillets into 360° oil, keeping them separate. When golden, drain on paper towels.

Cover the fillets with the shrimp sauce on the serving dish.

STUFFED SARDINE "FRITE"

Serves 3-4. Time: Preparation - 15 minutes; cooking - a few minutes on each side.

2 lb. sardines (for 6-8 pairs)
4 Tbsp. chopped parsley or coriander or mixture of both
1 tsp. garlic, minced
1/2 tsp. cumin
1/2 tsp. sweet red pepper (paprika)
1/4 tsp. salt
flour for dredging
cayenne pepper (optional)

Take sardines, from which scales, heads and insides have been removed, and spread out the two sides so the fish lie flat as pictured below. Dry them thoroughly by laying them flat on a paper towel or newspaper.

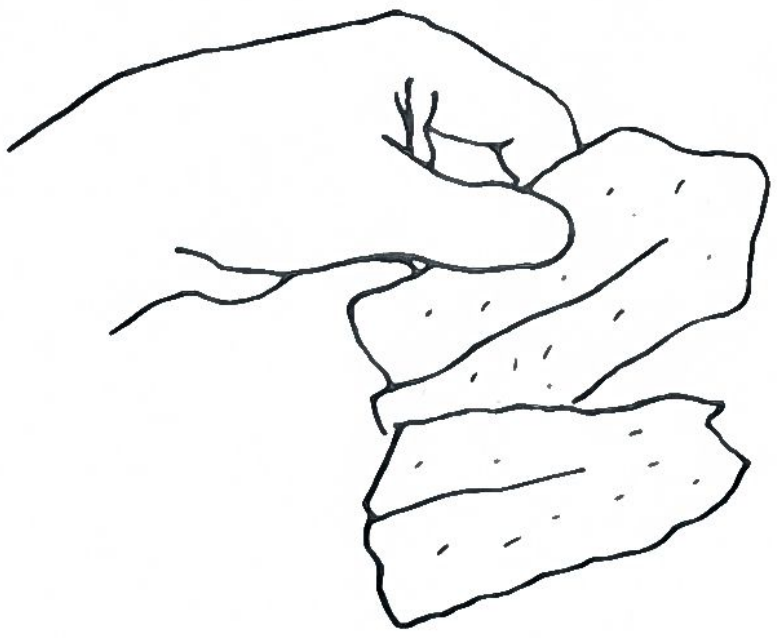
While the sardines are drying, mix the parsley and the finely-minced garlic with the cumin, pepper and salt, and the cayenne pepper if you like spicy food.

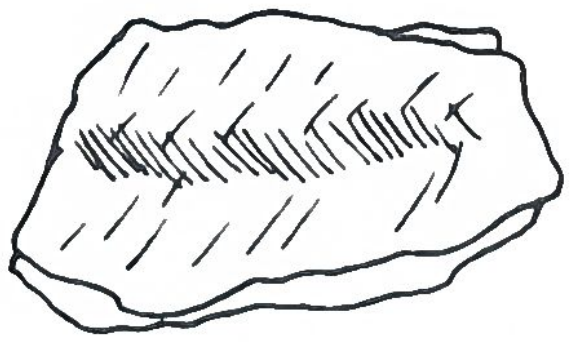
Now take one flattened sardine and spread the parsley mixture on it. Top with a second sardine and press the two together.

When ready to fry, pat each pair of sardines in flour on each side; then fry them gently in a little hot olive oil for a few minutes on each side, turning once with a fork. Drain.

This dish is extremely popular in Morocco with both rich and poor, as it is very simple to prepare and very delicious. It is also eaten cold.

Fresh sardines are also very good when simply charcoal grilled.





SWORDFISH TAGINE A LA R'KIA HILALI

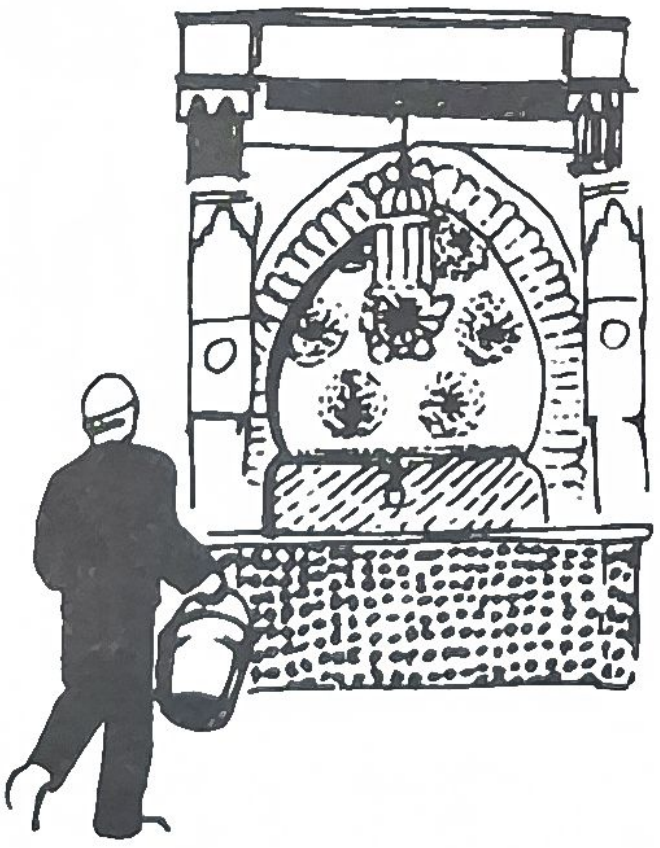
Serves 2. Time: Preparation - 15 minutes; cooking - 30 minutes.

1 lb. swordfish (or fresh tuna) fillet
4 Tbsp. oil
1/4 tsp. salt
1/4 tsp. pepper
1 rounded tsp. sweet red pepper
1/2 tsp. ground cumin
3 Tbsp. chopped fresh coriander
3 medium potatoes, peeled and sliced
2 large tomatoes, peeled, seeded and sliced
1/2 lemon, peeled and sliced
1 large clove garlic
1/3 c. water

Place oil, sweet red pepper, cumin, salt, pepper and 1 tablespoon fresh coriander in tagine dish. Stir well. Add fish and coat it well with oil and spice mixture; remove fish.

Line dish with sliced potatoes. Place fish on top of potatoes. Cover with tomatoes, slices of lemon, chopped garlic and remaining coriander. Add 1/3 cup water to dish or enough to cover potatoes.

Cover and simmer on low heat about 30 minutes or until fish is just cooked through.



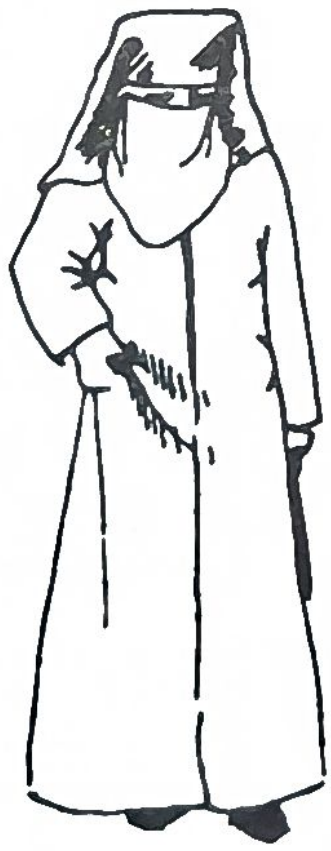
FISH TAGINE

Serves 6. Time: Preparation - 15 minutes; cooking - 1/2 hour.

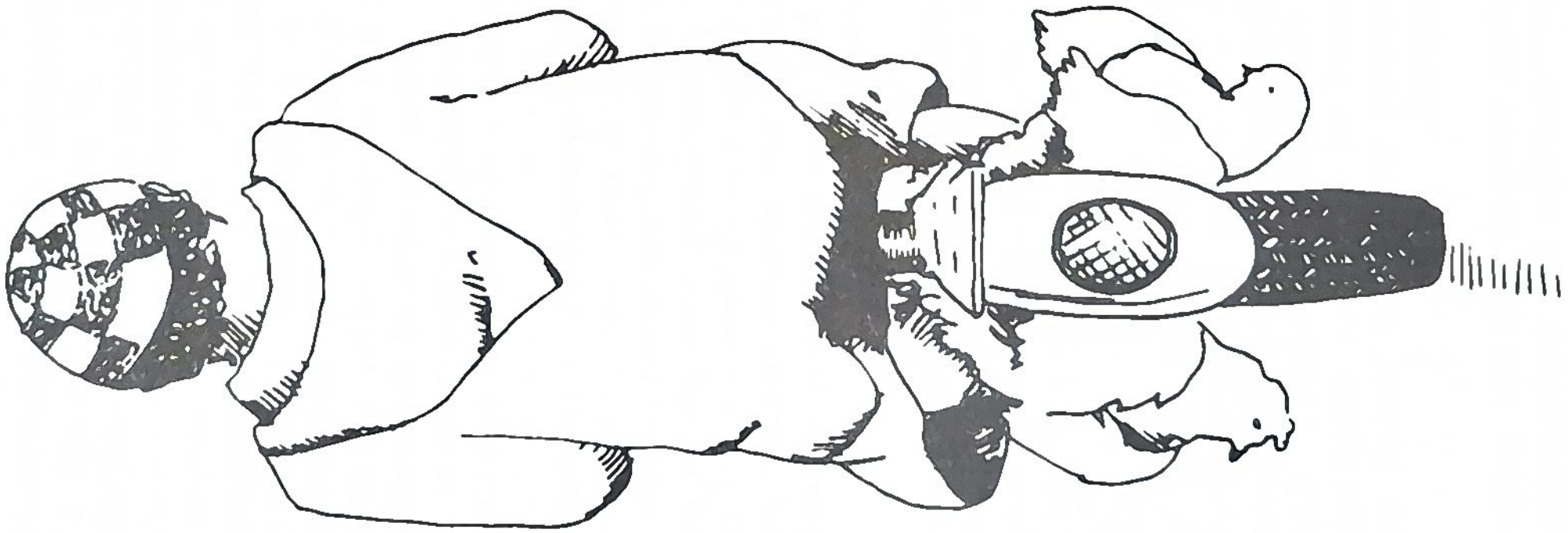
any large fish (approximately 4 lb.)
1 Tbsp. coarse salt
2 Tbsp. sweet paprika
1 tsp. pepper
2 tsp. cumin
2 Tbsp. minced garlic
1 Tbsp. vinegar (if using shad)
1/4 c. oil
2 tomatoes
1/2 c. chopped coriander
1 lemon, sliced

Mix coarse salt, sweet paprika, pepper, cumin, garlic and vinegar (if using shad). Slice fish all the way through, making slices about 1 inch wide. Rub fish with the mixed ingredients. Allow to stand several hours or overnight.

Peel the tomatoes and slice. Add fish to oil in large saucepan or tagine, top with tomatoes, coriander and lemon slices. Cook over a low fire for 1/2 hour.



Chicken



CHICKEN

Chicken occupies a very important place in Moroccan cooking. If you look through a Moroccan cookbook, you will see how much space is devoted to chickens, an indispensable part of Moroccan cuisine.

The Moroccans prefer to use grain-fed chickens, and they like to buy them alive, too, so there can be no doubt about freshness! For most recipes, a bird weighing around 3-4 pounds, after plucking and cleaning, is selected. (The head and feet are removed in the market after weighing.) The weight is important, since a small chicken will cook too quickly.

Once cleaned, the chickens are rinsed in cold water several times and then left to soak for a few hours in cold, slightly salted water, then rinsed again and dried. If you are lucky enough to get such chickens, you will see the difference; if not, then any other will do, but do not choose tender young chickens or you will find the meat practically dissolved at the end of your efforts!

Test for doneness. The Moroccans have an infallible trick to test their chickens; press or pinch the meat between your fingers; if it comes apart fairly easily, the meat is ready. But watch out for burned fingers!

Timing: Timing is difficult to estimate, since it all depends on how fast you can chop onions or mash prunes. Therefore, only cooking times have been indicated in the recipes which follow. Remember that all recipes are based on chickens weighing around 3-4 pounds, and doneness should be tested using the "finger pinch" method.

Many chicken recipes call for saffron. See page vi of the Introduction for instructions on heating saffron before using.

CHICKEN

CHICKEN TAGINE WITH PRUNES

Serves 6. Cooking time: 1 3/4 hours.

1 large stewing chicken (3-4 lb.)
3 thinly-sliced onions
1/2 tsp. saffron (scant)
1/2 tsp. ginger (scant)
salt to taste
1 lb. prunes, presoaked

Wash prunes, cover with water and leave them to soak.

Place chicken, 1 of the sliced onions, saffron, ginger and salt to taste in a covered stewing pan. Cover with water and simmer for 3/4 hour. Add remaining 2 sliced onions and continue simmering for an additional 1/2 hour. Add the prunes and cook until the sauce is reduced.

Remove the chicken to a serving platter. Put the prunes on top and pour the sauce over all.

CHICKEN TAGINE

Serves 8. Cooking time: 1 hour.

2 (3-4 lb.) chickens
salt to taste
1/4 c. olive oil
4 Tbsp. butter
1 rounded tsp. ginger
1 whole, uncut onion (optional)
3 cloves crushed garlic
1 tsp. saffron
1 1/2 c. water
10 olives*
peel of 1 lemon, cut in quarters

Place the chickens, either whole or in pieces, in a baking dish with a cover; add all remaining ingredients, except olives and lemon peel. Put the dish on the fire, covered, and bring to a boil. Turn the chickens over, making sure they are well covered with sauce. Cook over moderate heat, adding a little water if necessary, and basting the chickens with the sauce from time to time. Remove the onion as soon as it is cooked (in fact, the onion is not necessary, although it gives a pleasant taste to the sauce). When the chickens are done, add the olives and lemon quarter peels; let simmer slowly a few minutes longer.

To serve, place the chickens on a serving dish, top with the olives and lemon peels and pour the sauce over the whole.

If you wish, you may mash the chicken livers and add to the sauce.

*Olives are especially cured for use in chicken dishes; they are a brownish purple. Green olives are also used.

CHICKEN TAGINE
WITH OLIVES AND PICKLED LEMONS

Serves 4. Cooking time: 1 1/2 hours.

1 medium-sized stewing chicken (about 2 lb.)
1/2-1 tsp. ginger
1 clove garlic, crushed
4 Tbsp. oil
1/4 tsp. saffron
1 Tbsp. butter
1/2 tsp. salt
1 1/2 c. water
10 olives
1-2 Pickled Lemons (see recipe on page 83)

Salt the chicken and put it in a covered stewing pan together with all other ingredients, except olives and Pickled Lemons.

Place on a moderate flame and turn the chicken from time to time to baste it with the sauce. When done, add the lemons and olives. Stir and let cook slowly for another 10 minutes or so. As is usual with this type of dish, the sauce will be rather thick.

As always, individual preferences vary, so you may want to alter the amounts of the spices to suit your own taste. In particular, go gingerly on the ginger!

CHICKEN TAGINE WITH PRESERVED LEMONS

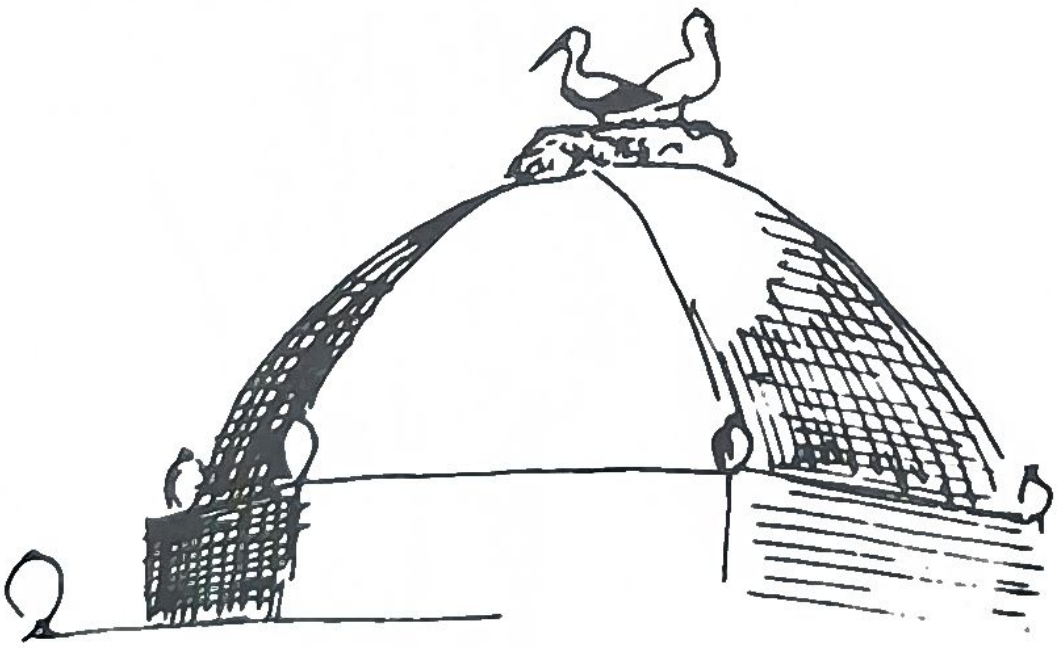
Serves 4. Cooking time: 1 1/2 hours.

1 (3 lb.) chicken
1 onion
2 garlic cloves
1/2 tsp. turmeric
1/4 tsp. cumin
1 tsp. salt
1/4 tsp. black pepper
1/4 tsp. saffron or 1/2 tsp. roumi (coloring)
1 1/2 c. water
1 Tbsp. lemon juice
4 Tbsp. oil
2 Tbsp. butter
10 preserved olives (purple)
2 pickled lemons

Chop onion and mince garlic. Cut up chicken. Mix spices, salt and pepper with onion and garlic and a little of the oil. Rub chicken pieces well with this. Chicken can marinate awhile before cooking.

Heat oil and butter; add chicken, turning pieces until all sides are golden. Add the lemon juice and water; cover and cook over low heat for an hour. You may add a little hot water if chicken starts to stick.

Cut preserved (pickled) lemons in halves or quarters. Add to the tagine along with the olives. Cover and simmer together for 10 minutes before serving.



CHICKEN TAGINE WITH CHICKPEAS AND BEANS

Serves 4-6. Cooking time: About 1 1/2 hours.

1 large stewing chicken
2 Tbsp. butter
5 medium onions, chopped
2 c. water
1 tsp. salt
1 tsp. saffron or 1/2 tsp. turmeric
1 tsp. cinnamon
1/4 tsp. black pepper
1/3 c. dry chickpeas, presoaked
1/3 c. dry broad or horse beans, presoaked*
1/3 c. peeled almonds
1 small bunch parsley, chopped
juice of 1 lemon
1 tomato, chopped

Place the chicken, butter and 1 of the chopped onions in a covered pan. Cover with water and salt to taste. Add the saffron or turmeric, cinnamon and pepper; bring to a boil. Add the presoaked chickpeas and broad beans; cook slowly for 1 hour or until peas and beans are done. Check during this time to stir and see if more water is needed. Then add rest of the onions, the almonds and parsley. Simmer slowly just until the onions are cooked, about 15-20 minutes.

Just before serving, sprinkle with lemon juice, more salt if needed, and a few leaves of chopped parsley for decoration. A chopped tomato gives that extra touch.

*If the use of chickpeas and beans seems too heavy, substitute lightly-grilled almonds for the beans.

CHICKEN T'FEIYA

Serves 8. Cooking time: 1 hour.

2 (3-4 lb.) chickens
2 tsp. salt
1/2 tsp. white pepper
2 minced garlic cloves
1/2 tsp. saffron, heated
1/4 c. olive oil or vegtable oil
1 medium onion, chopped
1/2 tsp. yellow coloring (roumi)

Onion Topping (T'feiya):

4 lb. onions
1/2 c. olive oil
1 tsp. salt
1/2 tsp. nutmeg
2 tsp. cinnamon
3 cloves
2 saffron threads, heated
1 c. raisins, soaked

Mix the salt, pepper, garlic and saffron with a little of the oil. Cut up chickens and rub with this mixture. Heat remaining oil and add chickens, chopped onion and yellow coloring. Add a little water and cook in a covered kettle for an hour; uncover and continue to cook until the water has simmered away.

Meanwhile, prepare the T'feiya: Peel the onions and cut into thick slices. Soak the raisins briefly. Sprinkle onions with the salt, nutmeg and cinnamon. Add the cloves and saffron. Pour the oil over all in a thick-bottomed pan. Cook, covered, for 15 minutes. Add raisins and continue cooking, covered, until very soft, stirring occasionally. Uncover and allow remaining liquid to simmer away.

Serve chicken pieces with onion mixture poured over all.

CHICKEN SOUIRI

Serves 3-4. Cooking time: 2 hours.

1 (3-4 lb.) whole chicken
6 Tbsp. olive oil
3 Tbsp. chopped parsley
1/2 tsp. cinnamon
1/4 tsp. cloves
1 Tbsp. salt
1/4 tsp. black pepper
1/2 tsp. turmeric
2 1/2 Tbsp. paprika (sweet, not hot)
pinch of saffron (2 threads, heated in a little water)
1 1/2 lb. onions
1 Tbsp. butter
6 eggs
1/3 c. lemon juice

Mix 2 tablespoons of the oil with 2 tablespoons of the chopped parsley, cinnamon, cloves, 1 1/2 teaspoons of the salt, pepper, turmeric, 1 tablespoon of the paprika and the saffron. Rub chicken well, inside and out, with this mixture.

Cut up the peeled onions into very thin slices. Melt 4 tablespoons of the oil together with any fat from chicken in a heavy casserole or Dutch oven. Add onions and sprinkle them with some of the salt and half of the remaining paprika. Stir onions as they cook over a low flame, but do not let them brown. Add the butter and when it is melted, place chicken in the casserole. Heat through, spooning the onions over the chicken. Now add hot water to bring liquid up to about 3/4 inch. Lower heat and cover the casserole. Cook chicken gently for about 1 1/2 hours, basting occasionally, or until meat parts easily from the bones.

Meanwhile, beat 6 eggs with the lemon juice, 1 teaspoon salt, remaining paprika and rest of parsley until thoroughly mixed. When the chicken is done, remove it from the casserole and keep warm. Over a very low flame, pour the beaten eggs slowly into the liquid remaining in the casserole, stirring continuously, until the mixture thickens well. Replace the chicken and coat with the mixture several times. Now place the casserole in a hot oven (425°) or under a grill. Every minute or so, coat the chicken with the liquid, returning to the oven for 5-10 minutes. The dish is ready to serve when the chicken is thickly coated with the sauce, which remains solidly on the bird.

CHICKEN WITH HONEY

Serves 8. Cooking time: 1 1/2 hours.

2 (2-3 lb.) chickens
2 tsp. ginger
2 tsp. salt
1 tsp. yellow coloring
a little saffron (optional)
1/4 c. olive oil
1 c. (or more) water
1 c. dried prunes
1 c. honey
1 Tbsp. cinnamon
1 Tbsp. toasted sesame seed (optional)

Cut up chickens by disjointing them at the wings and thighs; cut breasts into three pieces by chopping off bottom V, then cutting top in half. Remove neck, back, wing tips and ribs, reserving for soup. Mix ginger, salt and saffron with a little oil; rub chicken pieces with this. Heat remaining oil and stir chicken pieces in it, adding the yellow coloring. Before chicken browns, add hot water to about 1/4 of the way up the chicken. Cover and cook, stirring occasionally, about 1 hour or until chicken is very soft.

Meanwhile, soak prunes in water to cover for 15 minutes; drain. When chicken is done, remove from remaining sauce and keep warm. Add prunes to sauce; cook until done, about 20 minutes. Remove. Replace chicken and pour honey over all; sprinkle cinnamon on top. Now cook this together, stirring, uncovered, over a low flame for 5-10 minutes, until well blended. Replace prunes before serving chicken; if desired, sprinkle toasted sesame seed over the prunes.

CHICKEN SMOTHERED IN ONIONS

Serves 4. Cooking time: 1 1/2 hours.

1 (2-3 lb.) chicken
2 Tbsp. chopped parsley
1 tsp. salt
1/4 tsp. black pepper
1 minced garlic clove
1 tsp. turmeric
1/2 tsp. ginger
1/8 c. oil
3-4 lb. onions

Rub the chicken well with the next six ingredients which have been mixed. Allow to stand an hour, then cut chicken into serving pieces.

Meanwhile, peel and slice the onions.

Place oil in deep Dutch oven or tagine. Add chicken pieces and top with all the onions, salting them lightly as you add to the pot. Cover and cook over a moderate flame for 1 1/2 hours, checking occasionally to stir lightly. The onions will reduce greatly and provide moisture in which the chicken simmers.

CHICKEN WITH EGGS AND ALMONDS

Serves 8. Cooking time: About 1 hour.

2 (2-3 lb.) chickens
1 tsp. ginger
2 garlic cloves
2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. saffron
1/2 c. butter
water
5 hard-boiled eggs
1 c. blanched almonds

Disjoint chickens. (When Moroccans entertain and cook 3 or 4 chickens, they keep them whole, since the meat is pulled off with the fingers at the table in any case.) Rub pieces with the ginger, garlic, salt, pepper and half of the saffron. Melt 2/3 of the butter and heat chicken pieces gently, turning. Before they brown, add water about halfway up, cover and bring to a simmer. Simmer gently for an hour, stirring occasionally and keeping the lid slightly open during last half of cooking. If the sauce is not well reduced and thick at the end, allow to boil without a cover until thick.

Meanwhile, add remaining saffron to 1 cup water in small saucepan. Peel hard-boiled eggs and color them by placing them in the saffron water. Toast the almonds in remaining butter. Cut eggs in halves.

Place chicken pieces in a low, large serving dish and cover with the sauce. Place the eggs around chicken, along the edges of the dish. Put almonds in a small dish which is placed in the center of the serving plate, on top of the chicken.

Note: Chicken with Hard-Boiled Eggs and Almonds is a favorite Moroccan recipe. It can be prepared exactly as the recipe for Kefta with Eggs on page 44.

ROAST CHICKEN STUFFED WITH COUS-COUS

Serves 6. Cooking time: 1 1/2 hours.

1 (3-4 lb.) chicken
4 c. cooked cous-cous
1 large onion (or more), sauteed in butter
2 Tbsp. parsley, chopped
1/4 c. blanched, sauteed almonds
1/4 c. raisins
1/4 tsp. poultry seasoning
1/4 tsp. oregano
1/4 tsp. turmeric
1 tsp. brown sugar
salt and pepper to taste
butter

Salt and pepper the chicken to taste. Mix all the ingredients and fill the cavity of the chicken with the mixture. Do not stuff too hard so it remains fluffy. Roast at 350° for 1 to 1 1/2 hours, basting with butter which has been melted in a small amount of hot water and a bit of salt.

STUFFED CHICKEN A LA MAROCAINE

Serves 8. Cooking time: About 1 hour.

2 chickens (about 3 lb. each)
1 1/2 c. rice (measured dry)
1/2 c. dark seedless raisins
1/2 c. chopped walnuts
1/4 tsp. ginger
1/4 tsp. pepper
1/4 tsp. cinnamon
1/8 tsp. saffron
2 tsp. salt
1/4 tsp. saffron
1/2 tsp. ginger
1/2 tsp. pepper
1/2 tsp. cinnamon
1 stick butter
water

Cover the raisins with boiling water and set aside. Cook the rice, salting to taste. Mix drained raisins, rice and walnuts together and add the 1/4 teaspoon each of ginger, pepper and cinnamon, and the 1/8 teaspoon saffron. Stuff the chickens with this and tie the legs.

In a heavy pot, melt enough butter to brown chickens on all sides. Combine the salt, 1/4 teaspoon saffron and 1/2 teaspoon each of ginger, pepper and cinnamon with 1 1/4 cups water. Pour over chickens which have been browned in the pot; simmer for 1 hour or until tender. Arrange chickens on a platter and pour the sauce over them.

Although this dish is not typically Moroccan, it was inspired by the use of ingredients found in Moroccan cuisine.

HONEYED CHICKEN STUFFED WITH ONIONS

Serves 2-3. Time: Preparation - 20 minutes; cooking - 1 hour.

1 (3-4 lb.) roasting chicken
salt and pepper
1 clove garlic, crushed
2 Tbsp. chopped coriander or 1/4 c. chopped onion
2 Tbsp. butter
1 Tbsp. oil
2 Tbsp. oil for cooking

Stuffing:

1/4 lb. tiny onions
1/2 c. raisins
1/2 c. almonds
1 tsp. cinnamon
1/4 tsp. powdered cloves
1/4 tsp. ground nutmeg
1/4 tsp. saffron
1/2 tsp. salt
1/4 tsp. black pepper
2 Tbsp. honey (use more as needed)

Peel and blanch onions for 3 minutes in boiling water. Wash the raisins; they need not soak. Blanch the almonds (see recipe in Preserves section), toast and chop. Mix all stuffing ingredients with enough honey so they stick together nicely.

Mix the salt, pepper, garlic, coriander or chopped onion, butter and 1 tablespoon oil; rub the whole chicken with this mixture. Stuff the chicken with onion-honey mixture and sew closed.

Brown the chicken in oil in a large pot, then add a little water and cook, covered, for 1 hour or until done. (This is the tagine method of cooking.) Chicken can be roasted in a 350° oven; make sure skin is well buttered and that there is enough butter (with a little oil) for basting occasionally. (If skin browns too rapidly, cover the breast of the chicken loosely with aluminum foil.)

STUFFED SQUAB
(Pigeons)

Serving: One squab per person. Cooking time: 1/2 hour.

For 4 squabs:

2 tomatoes, peeled and chopped
2 stalks celery, chopped fine
1 c. chopped parsley
peel of 1 lemon
chili powder or cayenne to taste
salt
black pepper
3 Tbsp. butter
cumin (to serve at table)
2 chicken bouillon cubes (optional)

Drain tomatoes; mix with celery and parsley. Add salt and pepper. Rub the squabs with lemon peel, chili powder, salt and pepper. Stuff with the vegetable mixture; sew or skewer closed. Then rub squabs with the butter.

Place rack in a kettle large enough to hold the birds. Melt bouillon cubes in 2 cups water in a large kettle.* Place a rack in the kettle and place birds on rack. Cover tightly; bring to a boil and reduce to a simmer. Steam birds gently for about 1/2 hour or until done.

The liver, heart and gizzard may also be added to the stuffing after mincing and simmering in a little water, then draining. Bind with an egg white before stuffing birds.

*As with many Moroccan dishes, a little saffron or roumi, the yellow coloring powder, may be added to the broth.

PIGEON TAGINE

Serves 4. Cooking time: 1 hour.

4 young pigeons or squabs
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. ginger
1/4 tsp. saffron
1/4 c. butter or smen
1 onion, finely chopped
1/2 lb. small turnips
1 c. chickpeas, soaked
a little water

Split squabs if desired. Mix salt, pepper, ginger and saffron with a little of the onion and rub birds with this. Melt butter and cook squabs briefly.

Meanwhile, prepare chickpeas (soak overnight if not canned) and turnips, which should be scraped but kept whole if small. Add vegetables and remaining onion to squabs and add enough water to barely cover. Bring to a gentle boil, then simmer until done, about 1 hour.

PARTRIDGE

Partridges, often found in Morocco, are a little larger than squab but can be cooked the same way.

Serves 4. Cooking time: 1 to 1 1/2 hours.

2 partridges
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. saffron
1/4 c. chopped parsley
1/2 tsp. yellow coloring (roumi)
1/4 c. butter or smen
1/2 lb. tiny onions
1/2 c. blanched almonds
water

Peel and parboil onions briefly. Rub whole partridges with salt, pepper and heated saffron. Brown lightly in the butter. Add water to cover, roumi, onions and almonds; cook at a simmer for 1-1 1/2 hours, until tender.

ROAST TURKEY

Serves 4-6. Cooking time: About 3 hours.

Use one 7- to 10-pound turkey (weight includes everything but feathers). Moroccan turkeys are small and you won't recognize the breast, but they are very tasty.

3 hard-boiled eggs, peeled and chopped
1 bunch parsley, stemmed and chopped
3 Tbsp. oil
2 tsp. salt
1/2 tsp. pepper
1 minced garlic clove
1 tsp. ginger
1/2 c. chopped onion
a little vinegar
butter

Cut off neck, discard skin and bone it, chopping the meat. Remove the tough skin from the gizzard and chop it, the liver, and the heart.

Mix half of the chopped parsley with the oil, salt, pepper, garlic, ginger and onion. Wash the turkey in salted water and rub with a little vinegar. Then rub the bird with the mixed parsley and spices, inside and out.

Mix the chopped, hard-boiled eggs and chopped meat bits with the spice mixture (which you have used to rub the turkey). Stuff the turkey with this and sew or skewer closed.

Preheat oven to 325°. Put a little water in the bottom of roasting pan. Dot turkey with butter and put in the oven, with cover or aluminum foil. Remove cover after 1 hour. When water has cooked away, turn the turkey several times during remainder of cooking to brown all over. Keep basting with butter mixed with oil if necessary.

You all know how to tell when a turkey is done! Juice running from bird between thigh and body should be clear, and the thigh, when pinched, should be tender.

HARE WITH ALMONDS

Serves 4.

Domestic rabbit and hare can be bought in the market. A 5-pound hare, cut up, can be cooked exactly like the lamb shoulder in the Mrouzia recipe in Lamb chapter (Lamb with Honey and Almonds, page 56) with the following changes:

Add finely-chopped onion (about 3/4 cup) to the saucepan along with water to cover at the start of cooking time; this provides needed moisture as well as flavor. Almonds can be heated in the sauce, especially if it needs to be thickened by boiling down a little after the hare is cooked. Unless the hare is very young, it will probably take longer than the lamb to cook. Allow at least 1 hour.

RABBIT

Serves 4. Cooking time: 3/4 to 1 hour.

1 rabbit
2 garlic cloves, minced
1/4 c. chopped parsley
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. saffron
oil for frying
2 large onions, sliced
1/2 c. green or black olives

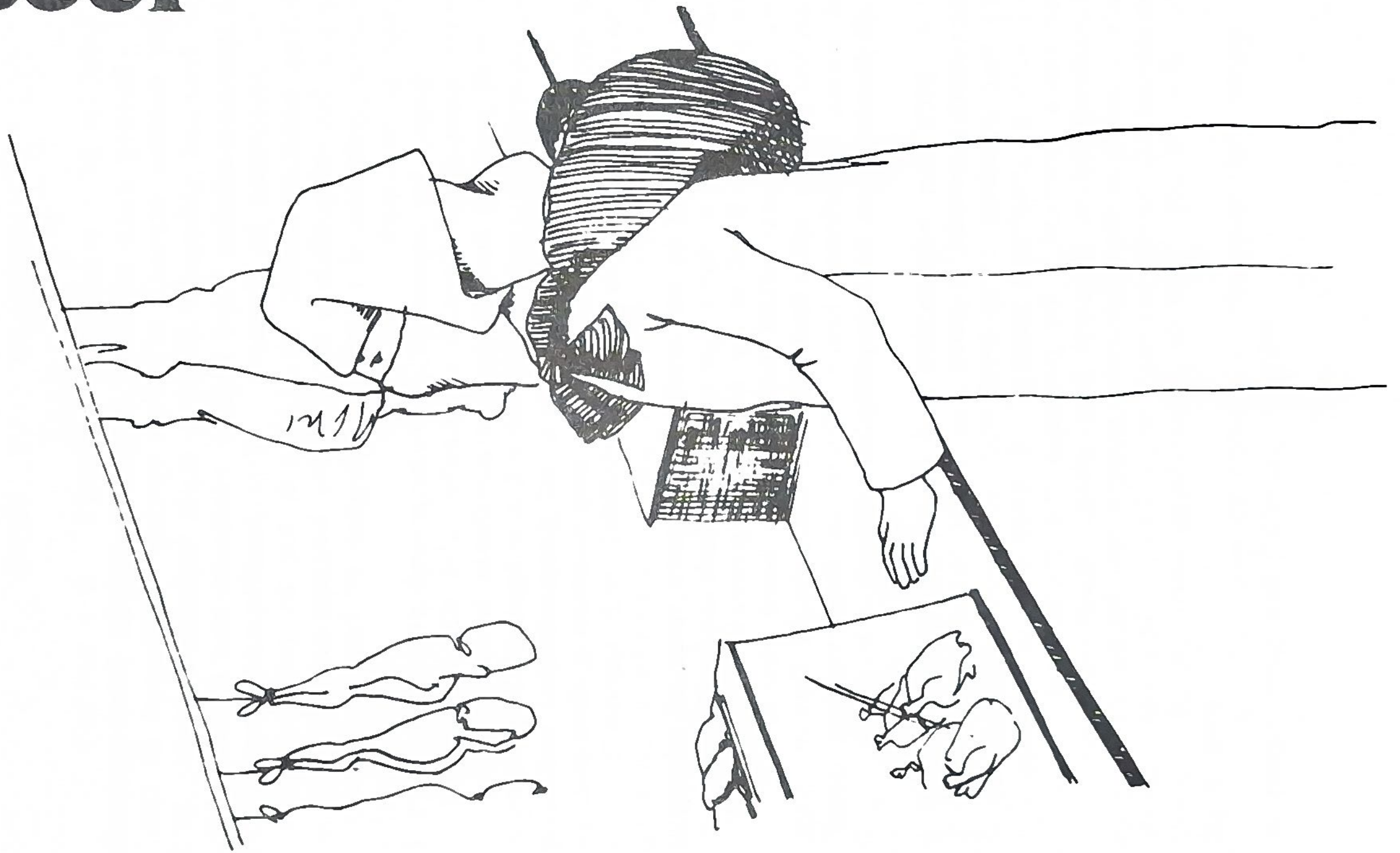
Mix garlic, parsley, salt, pepper and heated saffron in a little of the oil. Cut up the rabbit and rub pieces with this oil. Fry rabbit in oil as you would pieces of chicken, turning pieces until brown. Cook gently until done.

Meanwhile, slice the onions and fry them until golden and crisp in a little oil. Salt lightly.

When ready to serve, top the rabbit pieces with the olives and the onions.

** EXTRA RECIPES **

Beef



BEEF

Seeing cuts of meat suspended from hooks on the narrow medina streets or even openly displayed in the glass-fronted shops of French-style butchers is perhaps one of the first sights awesome and confusing to the newcomer in Morocco. The American housewife is often hesitant as to what to ask for to get her family's favorite dishes or, as she begins to learn Moroccan cuisine, for her beef tagine or her keftas.

Soon, by animated gesturing and employing a certain amount of French or Arabic she will make her way and come to know what is available to her. The meat cuts begin to look like the taste treats they can be. And in these modern times of prepackaged cuts, who wouldn't like to be able to select exactly the cut of meat desired for a particular dish!

While beef is an American staple, it is of minor consequence in a Moroccan's diet - lamb and chicken take priority. Beef is by no means prevalent in Morocco, and most often lamb can be used almost interchangeably with beef. More delicate in flavor than that which Americans know, Moroccan lamb can be used in all the recipes in this chapter.

With the vegetables and fruits plentiful in the souks and markets, a cook has many opportunities to vary her cuisine. Try beef with artichoke hearts, or beef with prunes and honey. A liver tagine may be your taste interest. Or perhaps the traditional brochettes with a piquant hot sauce. Whatever you prefer, beef in the Moroccan way is not to be overlooked!

BEEF BROCHETTES

Serves 4-6. Time: Preparation - 10 minutes; cooking - 10-15 minutes.

2 lb. steak, cut in bite-sized pieces
1/2 large onion, finely chopped
10 sprigs parsley, chopped
1 tsp. salt
3/4 tsp. black pepper
2 tsp. paprika
1/2 tsp. cayenne (more to taste)
1 tsp. cumin
1 Tbsp. vinegar
1 Tbsp. olive oil
1/4 c. chopped coriander (optional)

Mix well all of above ingredients in a large mixing bowl. Refrigerate at least 8 hours or overnight, if possible. When ready to cook, spear 5-6 pieces of meat on each skewer (as for shish-kebab). Broil meat over charcoal fire until done to your liking. Serve with large chunks of French bread and spicy hot tomato sauce. Recipe serves 4 comfortably as a main course or 8 as an appetizer.

HOT SAUCE
(For Brochettes)

Serves 4-6. Time: Preparation - 10 minutes.

4 Tbsp. tomato paste
2 Tbsp. olive oil
4 Tbsp. vinegar
1 tsp. salt
1/2 tsp. Tabasco sauce (more if desired)
2 Tbsp. water

Blend tomato paste and olive oil in bowl; mix thoroughly. Add vinegar, salt, Tabasco sauce and water; mix well. Add more Tabasco sauce for hotter taste. Refrigerate until ready to use. Recipe will keep well.

Another way of making a Moroccan hot sauce is given with the Couscous recipe.

TAGINE WITH DRIED PRUNES

Serves 10. Time: Preparation - 30 minutes; cooking - 2 hours.

4 lb. cubed beef (or lamb)
2/3 c. olive oil
1 pinch of ground ginger
1 pinch of ground saffron
salt and pepper to taste
1 whole onion
1 bunch coriander, tied
1 stick cinnamon
2 lb. dried prunes
2 tsp. orange flower water

Combine meat, oil, ginger, saffron, salt, pepper, onion, coriander and cinnamon in heavy saucepan. Cover with water and bring to a boil. Simmer for 1 to 1 1/2 hours, until meat is done and sauce has thickened. Remove the onion, coriander and cinnamon. Add the prunes and let simmer another 15 minutes. Add orange flower water; bring to a quick boil and remove from heat.

If desired, make tagine in advance up to the point of adding prunes. Refrigerate. Then reheat meat mixture and continue the recipe.

A similar recipe is made with the addition of honey and sesame seeds. Substitute beef for the lamb in the recipe on page 53.

TAGINE OF BEEF AND VEGETABLES

Serves 8-10. Time: Preparation -30 minutes; cooking - 2-3 hours.

3 lb. stewing beef, including some bone, cut into chunks
1 lb. onions, sliced
2 tomatoes, peeled and chopped
2 tsp. salt
1 tsp. pepper
1/4 tsp. saffron
2 Tbsp. oil
carrots
turnips
potatoes
cabbage
cauliflower
zucchini

Use equal amounts, but not equal weight, of the last six ingredients. It should make 6 cups.

Put the beef chunks in a Dutch oven with the oil; stir and heat slightly. Then add the onions and tomatoes; sprinkle salt, pepper and saffron over all. Add a little water, cover and bring to simmer; cook, stirring occasionally, until the meat is almost done (1 1/2-2 hours, depending on the cut).

Meanwhile, prepare vegetables. Clean and peel carrots, turnips and potatoes; slice rather thickly. Slice cabbage leaves in wide strips, then chop. Separate the cauliflower tips. Peel zucchini, if desired, and slice thickly.

Add carrots and turnips to the meat; 10 minutes later, add the potatoes, then in 5 minutes add cauliflower. Add cabbage and zucchini in another 10 minutes and allow everything to cook together for another 15 minutes before serving.

TAGINE OF MEAT BALLS (KEFTAS) WITH EGGS

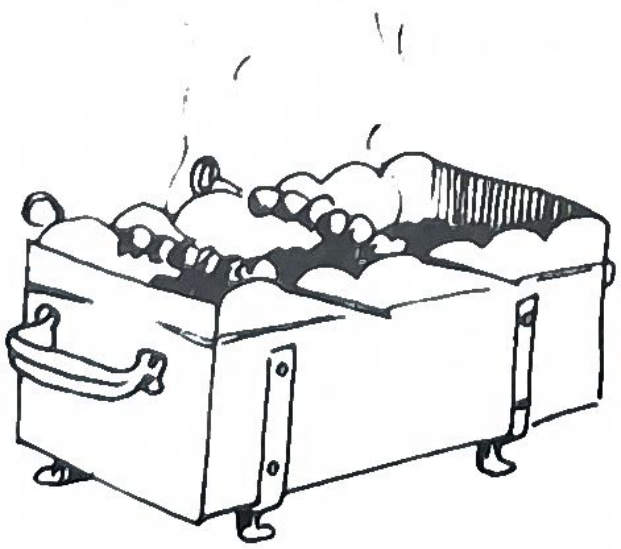
Serves 4-6. Time: Preparation - 20 minutes; cooking - 30 minutes.

1 lb. ground beef or lamb (not too lean)
1 medium onion, minced
1 tsp. cumin
1 tsp. paprika
1/4 tsp. cayenne
1/2 tsp. salt
1 pinch of marjoram
1 bunch parsley, finely chopped
1 Tbsp. fresh coriander, finely chopped, or 1 Tbsp. fresh mint, finely chopped

Mix above ingredients; shape into small balls. Bring the following ingredients to a boil:

2 c. water
1 beef bouillon cube
1/4 c. butter (if desired)

Add keftas and simmer 30 minutes or until liquid is reduced to a thick, unctuous sauce. Transfer to a shallow fireproof serving casserole. Bring to a simmer on top of stove. Use 1 egg per guest, breaking each egg on top of keftas, masking what is underneath, if desired. Salt eggs lightly. Serve when the eggs are just poached, not yet set, and the sauce is still bubbling.

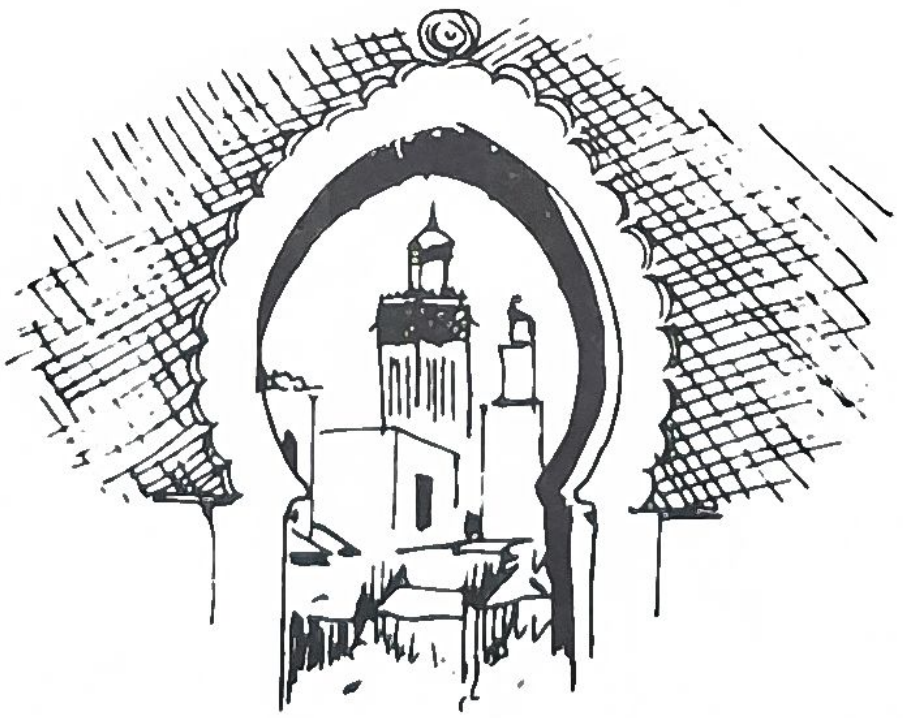


KEFTAS

Serves 4. Time: Preparation - 15 minutes; cooking - 30 minutes.

1 lb. ground beef
1/2 tsp. cinnamon
1/2 tsp. turmeric
1/4 tsp. cayenne pepper (more to taste)
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. ras el hanout (see spice section)
1 Tbsp. paprika (sweet)
3/4 c. minced onion
3 Tbsp. chopped parsley
3 Tbsp. chopped fresh coriander
1 large tomato
3 Tbsp. oil

Mix the ground beef with all of the spices, 1/4 cup of the minced onion and the chopped parsley and coriander. Form tiny (1/2-inch diameter) meat balls of this mixture. Dice the tomato. Heat oil and gently brown the meat balls in a large frying pan, shaking the pan so all sides are coated. Add remaining onion, the tomato and a little salt. Cover and cook over low flame, shaking pan occasionally, for 20 minutes.



MOROCCAN LIVER OR TRIPE

This is a recipe for tripe, but liver can be substituted.

Serves 4. Time: Preparation time - 20 minutes; cooking - 30 minutes.

1 lb. liver or tripe, prepared by butcher
1 bunch chervil or, as a second choice, parsley
1/4 tsp. black pepper
1/2 tsp. salt
2 tsp. paprika
cumin (1-2 tsp. if you like it, 1/4-1/2 tsp. if you want only a suggestion)
2 Tbsp. vegetable oil
2 medium onions
2 Tbsp. water

Chop liver into bite-sized pieces. (If difficult, finish the process when liver has been cooking for a few minutes.) The smaller the pieces, the better. Combine the liver with the spices and the chervil. Heat the oil in a skillet and add these ingredients and the water. Grate onions over the sauteing liver or, if you prefer, chop the onions finely and add them to the liver.

Cover and cook over low heat for 30 minutes. Stir occasionally. If it becomes too dry, add a little water.

TAGINE OF LIVER

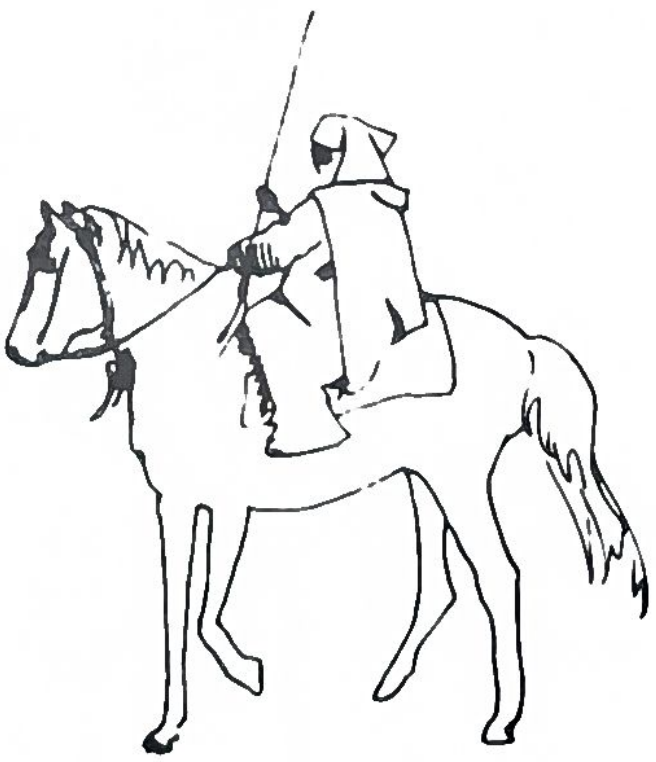
Serves 3-4. Time: Preparation - 15 minutes; cooking - 10 minutes.

1 lb. liver
1 tsp. salt
1 tsp. cumin
1/4 tsp. black pepper
1/4 tsp. crushed red pepper
1 small onion, chopped
2 Tbsp. parsley, finely chopped
1 clove garlic, minced
2 Tbsp. oil
flour
1 tomato, peeled and diced (optional)
1 Tbsp. lemon juice

Marinate slices of liver in the next eight ingredients, mixed. Remove liver slices, dip in flour and fry briefly in pan in oil. Dice the liver. Place liver and marinade in tagine dish over heat; add tomato (optional). Let simmer a few minutes and serve after adding a little lemon juice.

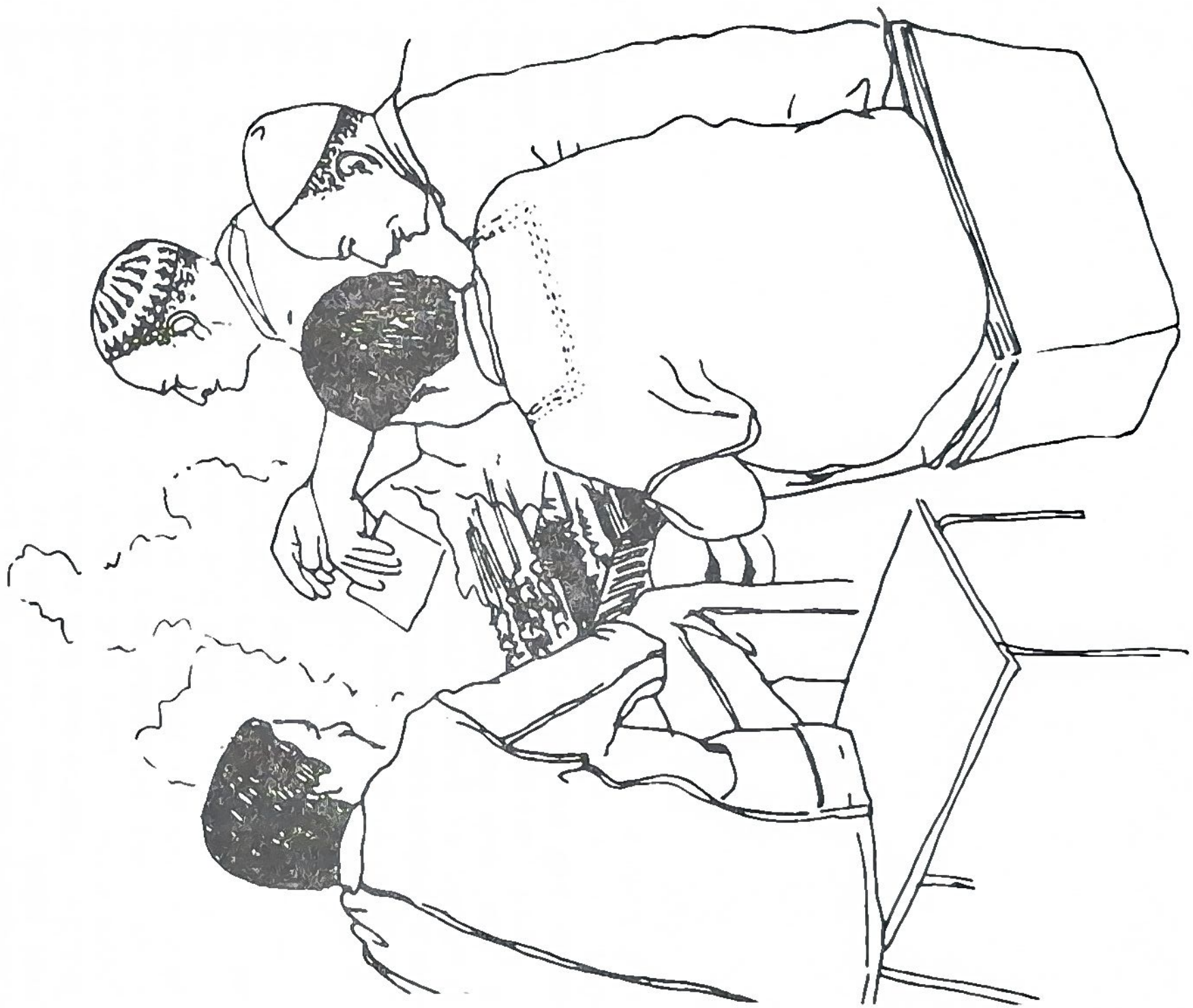
This is usually served as an hors d'oeuvre and is especially good when made with lamb liver.

Liver is also served in Morocco diced and grilled on skewers over charcoal.



** EXTRA RECIPES **

Lamb



LAMB

Lamb holds the place of honor in Moroccan cooking. Even the poorest family tries to sacrifice a sheep at home for the festival of Aid El Kebir, which falls two months after the end of Ramadan and celebrates Abraham's willingness to sacrifice his son. Status is enhanced by having the largest ram with the curliest horns (even though ewes are often better eating). The killing is governed by ritual, and no portion of the animal is wasted. Whatever meat cannot be eaten in the ensuing days of feasting is dried in the sun and conserved in fat.

Moroccan lamb is delicious - consistently superior to the lamb of most countries. Depending on the season, it can be purchased very young (suckling), a little older and quite lean, or middle-aged and fat, which is preferred for certain Moroccan dishes. For lamb tagine (stew), the shoulder or chops are the usual choice; for kebabs, buy the leg or filet.

MECHOUI

A spectacular traditional Moroccan dish, fit for a banquet! The whole golden-roasted lamb is brought to the table, crackly on the outside, juicy and tender inside. Little saucers of salt and cumin (and red pepper or hot sauce, if desired) are served alongside the lamb, which is broken off with the fingers and dipped in the seasonings. For a classic mechoui, a whole lamb (or more) is cooked either on a spit over charcoal or in a specially built clay oven. Lacking these possibilities, the lamb can be sent to the baker's oven, (a whole lamb, young and plump, but not too fat, for 12 or more people, or a half lamb for less than 12), along with about 1/4 pound of butter for basting. Most bakers will then roast the lamb in a large, wood-burning oven, and deliver it piping hot to your house at the moment you want to sit down to the table. The baker brings it in his battered aluminum roasting pan, which, if necessary, can be used for a serving platter. Just tie a twisted white linen towel around the outside, and bon appetit!

LAMB

ROAST LAMB QUARTER

Serves 4-6. Time: Preparation - 10 minutes; cooking - 2 hours.

shoulder and ribs of lamb (weight from 5-7 lb.)
1 Tbsp. paprika
1 tsp. cumin
1 tsp. salt
1/4 c. melted butter

Mix together butter and spices; rub them on the outside of the meat. At the base of the shoulder, lift up a little of the skin and insert some of the mixture. Put lamb in a roasting pan with the meaty side down and add 1/2 cup water. Bake in a 350° oven for 1 hour, basting the roast from time to time. Then turn the roast over and bake it for another 30 minutes or until the meat is very tender. Serve with saucers of cumin and salt in which the meat may be dipped.

STEAMED LAMB

A lamb shoulder can also be flavored as in above recipe and steamed on a rack in a container with a tight-fitting lid. After 1 1/2 hours (meat falling off bones is the idea), serve with the cumin and salt on the side. If desired, the shoulder can be browned rapidly in a hot oven before serving.

These two recipes only approximate a lamb mechoui, but if a very young lamb is available, and you are not in Morocco, this will give you an idea.
If small enough, try it on your outdoor grill!

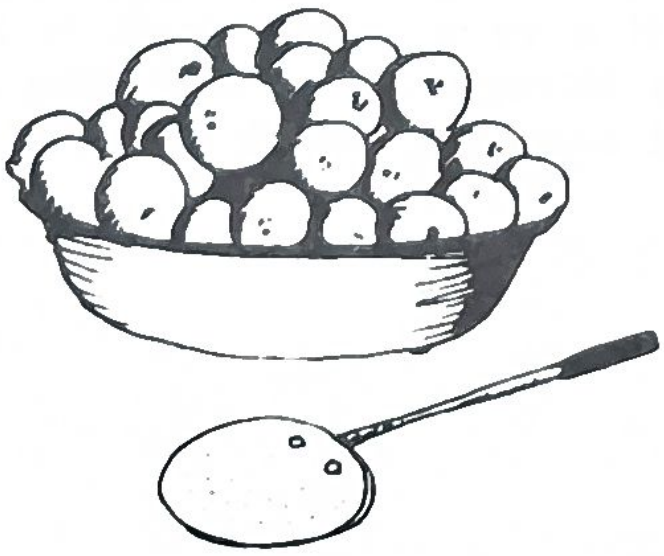
MARINATED LAMB KABABS
(Qodban)

Serves 6. Time: Preparation - 15 minutes; cooking - 14 minutes; marinating - 6 hours.

1/4 c. fresh lemon juice
1/2 c. olive oil
1 tsp. ground ginger
1 tsp. turmeric
1/2 tsp. ground cumin
1 Tbsp. minced garlic
1 tsp. salt
3 Tbsp. minced parsley
2 lb. boneless lamb (preferably from leg), cut into 1-inch cubes
1/2 lb. beef suet, cut into 1-inch cubes

For the marinade, pour the lemon juice and oil into a small bowl. Stir in ginger, turmeric, cumin, garlic, salt and 2 tablespoons of the parsley. Place the lamb in a stainless steel or glass baking dish and add the marinade. Toss together. Cover and marinate at room temperature for about 6 hours, tossing from time to time.

Thread the marinated lamb and suet alternately on skewers, pressing them together compactly. Broil the kabobs 3-4 inches from the heat for about 7 minutes on each side. Brush every few minutes with the marinade. The kabobs are done when they are slightly charred and cooked to well done. Discard the suet and sprinkle the lamb with the remaining parsley. Serve with little saucers of salt, cumin and paprika in which to dip the meat.



LAMB SHOULDER

Serves 8-10. Time: Preparation - 10 minutes; cooking - 2 hours.

2 small lamb shoulders (1 1/2 lb. each)
1/4 tsp. saffron
3 Tbsp. olive oil
1/4 tsp. turmeric
1/4 tsp. paprika
1/4 tsp. white pepper
1/4 tsp. salt
1 large onion
7 cloves (optional)
5 cloves garlic
1 large red tomato or 2 1/2 Tbsp. fresh tomato sauce
a little chopped parsley

In a casserole, dissolve the saffron in a little water. Add the olive oil and 3 tablespoons water. Add next four seasoning ingredients and mix everything together over the fire. Then add big chunks of the lamb shoulder and mix together again.

Halve the onion, stick it with the cloves and place on top of the meat, along with the cloves of garlic. Cover the meat with water and simmer. After 1 1/2 hours cooking on low heat, put over the meat the tomato, cut in half, or the fresh tomato sauce, plus the chopped parsley. Continue simmering until the sauce has thickened and the meat is tender.

TAGINE OF STRING BEANS, TOMATOES AND LAMB

Serves 6. Time: Preparation - 10 minutes; cooking - 2 hours.

2 lb. lamb, cut into stew-sized pieces
2 lb. green beans, ends removed
12 small tomatoes, peeled and cut coarsely, or 1 large can, drained
1/4 c. oil
1/4 tsp. saffron or 1/2 tsp. turmeric
1 Tbsp. paprika
2 tsp. salt
1 clove garlic, chopped
1 Tbsp. lemon juice

Place all ingredients, except beans and lemon juice, in a heavy casserole. Cook slowly for 1 hour. Add beans and lemon juice; simmer, uncovered, another hour or until meat is very tender. If the sauce is too thin, remove some and boil it down in a small saucepan.

LAMB TAGINE WITH DRIED PRUNES AND HONEY

Serves 6. Time: Preparation - 10 minutes; cooking - 2 1/2 hours.

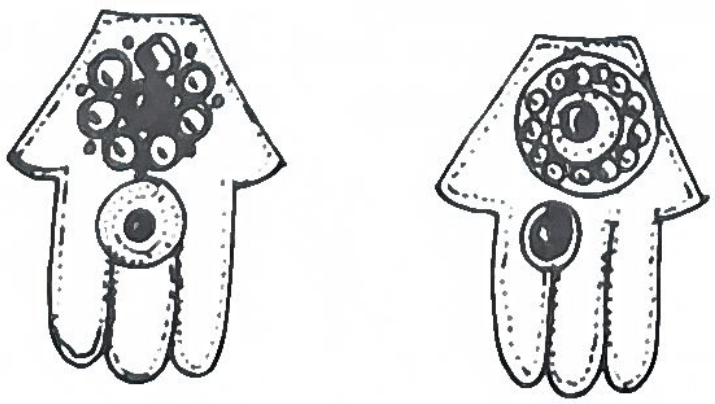
2 lb. lamb shoulder (or stewing lamb), cut into large pieces (together with bone)
1 whole onion
1 bouillon cube or 1/2 tsp. salt
1 stick cinnamon
1/8 tsp. saffron
1 pinch of ginger
1/4 tsp. pepper
1/4 c. butter
1/2 lb. dried prunes
3 Tbsp. honey
1/3 tsp. ground cinnamon
2 tsp. sesame seed
1/4 c. blanched almonds

Put the first eight ingredients in a large stew pot; cover with water and simmer for 1 1/2 hours or until meat is very tender. Remove meat to a serving platter; cover and keep warm in a slow oven. Remove the onion and stick of cinnamon.

Simmer the prunes in the sauce for 15 minutes. Add to the sauce the honey and ground cinnamon; reduce until sauce is thick and syrupy.

Meanwhile, toast the sesame seed in an ungreased pan and brown the almonds in a little oil until golden.

Pour the prunes and sauce onto the meat and sprinkle over the top the warm almonds and sesame seed.



LAMB TAGINE WITH ONIONS AND RAISINS

Serves 6. Time: Preparation - 20 minutes; cooking - 2 hours.

1 (2 lb.) shoulder, sliced through bone 4-5 times
2 medium onions, diced
1 tsp. black pepper
1 tsp. salt
1/4 tsp. saffron or 1/2 tsp. turmeric
1/2 tsp. cinnamon
1 tsp. ginger
1 tsp. parsley

Cover bottom of Dutch oven lightly with salad oil. Over high heat, brown meat on all sides, especially fatty sides. Lower heat to high simmer; add onions, spices, parsley and 1/2 cup water. Cover and simmer about 2 hours, stirring occasionally, and adding a little hot water if necessary, until meat is fork tender.

Onion and Raisin Garnish:

1 lb. onions, sliced
1 c. raisins, washed
2 Tbsp. butter
2 tsp. cinnamon
1 tsp. pepper
1/2 c. sugar or honey

Saute onions in butter until light brown; add cinnamon, pepper, 1/2 cup sugar and raisins. Cook about 10 minutes, until juice is thick. Add 1/2 of stew juice to onion mixture. Cook, adding sugar to taste. Let it caramelize a little until the color becomes dark brown. It should be fairly sweet because meat will counteract sweetness.

To serve, spoon stew into deep platter and cover with Onion and Raisin Garnish. Serve with Moroccan bread.

LAMB TAGINE WITH CHICKPEAS

Serves 6. Time: Preparation - 20 minutes; cooking - 2 hours.

Follow instructions for preceding recipe for Lamb Tagine with Onions and Raisins, but omit the cinnamon and add 1/2 teaspoon ginger.

Soak the chickpeas overnight and pop them out of their skins. Add to tagine when you add the water and cook along with the meat.

When making the Onion and Raisin Garnish, omit the honey or sugar and add tagine juice at the start.

LAMB WITH HONEY AND ALMONDS
(Mrouzia)

Serves 8. Time: Preparation - 30 minutes; cooking - 2 hours.

Have the butcher cut up meat from a 5-pound shoulder or leg of lamb, including bones, cut into pieces approximately 2 inches long.

1 Tbsp. mixed spices (ras el hanout; see notes on spices)
1/8 tsp. nutmeg
1/2 tsp. cloves
1 Tbsp. cinnamon
1 tsp. salt
5 Tbsp. sugar
1/2 c. vegetable oil
1/2 c. water
1 1/2 c. honey
1 c. peeled, roasted almonds (or brown almonds briefly in hot oil)

Mix the spices, salt and sugar with the oil. Rub the meat thoroughly with oil early in the day or even the day before.

Place the meat and water in a heavy casserole or Dutch oven. Cover and simmer over a low fire until the liquid is absorbed, stirring occasionally. By now the meat should be done, but as this depends upon the age of the lamb, test with a fork or skewer. If further cooking is needed, add a small amount of hot water and continue, always over a low flame. When meat is falling off the bones, add the raisins and honey; cook over a very low flame, watching constantly, until the sauce is brown and sticky, about 10 minutes.

Prepare almonds and sprinkle them over the meat just before serving.

LAMB TAGINE WITH ZUCCHINI

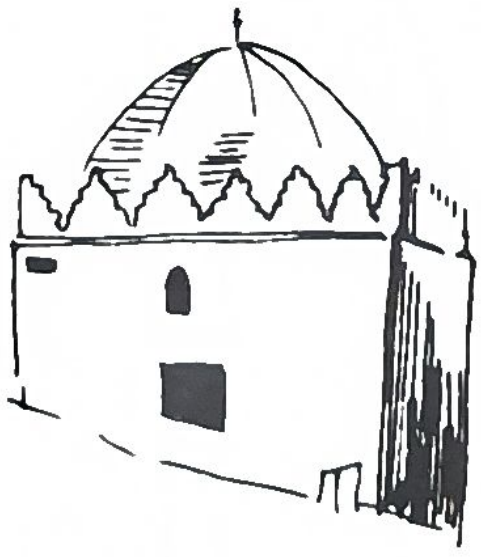
Serves 4. Time: Preparation - 15 minutes; cooking - 1 1/2 hours.

2 lb. lamb
1 clove garlic
1/4 tsp. saffron
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. ginger
1 medium onion, chopped
2 tomatoes, peeled and chopped
1 lb. zucchini
1/4 c. parsley
2 Tbsp. oil

Rub meat with spices, garlic and seasonings. Stir in heated oil for a minute, then add onion and tomatoes. Cover and simmer 1 hour.

Slice the zucchini. Add to the meat. Top with parsley. Cover and continue cooking until zucchini is just tender, 10-15 minutes. Reduce sauce if necessary before pouring it over meat and zucchini in serving dish.

A variation calls for sprinkling the zucchini with a little cinnamon and sugar before adding to the tagine. In this case, omit the onion and tomatoes as well as parsley. The meat will need a little water in addition to the oil.



LAMB TAGINE WITH OKRA
(Mnorhia)

Serves 6. Time: Preparation - 15 minutes; cooking - 1 1/2 hours.

3 lb. lamb chunks, including some bone
2 minced garlic cloves
1/4 tsp. saffron or turmeric
2 Tbsp. chopped parsley
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. oil
1/4 c. chopped onion
2 large tomatoes
1-1 1/2 lb. okra
water

Brown the meat with garlic, seasonings and chopped onion in the oil. Allow to cook, covered, until almost done, about 1 1/4 hours.

Meanwhile, peel and dice tomatoes; drain, removing seeds. Wash the okra; trim stems carefully. Make a very slight slit in each okra.

Place okra on top of the meat, then sprinkle the diced tomatoes over all. Cover and cook a further 10 minutes.

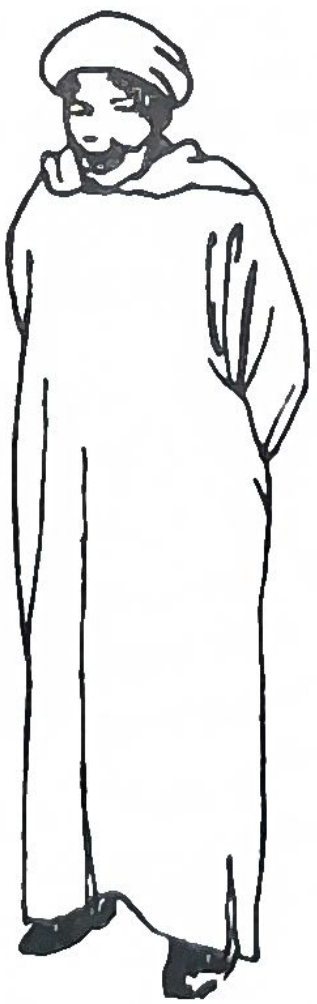
LAMB TAGINE WITH ARTICHOKES OR FENNEL

Serves 4. Time: Preparation - 20 minutes; cooking - 45 minutes.

2 lb. lamb
1 medium onion, sliced
2 medium tomatoes
1 c. cooking oil
1/4 c. chopped parsley
1/4 tsp. saffron
1 tsp. salt
1/2 tsp. black pepper
1/4 tsp. ginger
1/4 tsp. cinnamon
2 pkg. frozen artichoke hearts or hearts from 12 fresh artichokes

Cut meat into 2-inch cubes. Peel and cut up tomatoes. Heat oil in large, heavy pan. Add meat and all other ingredients, except artichoke hearts. Simmer about 30 minutes over medium heat, covered, turning meat often. Add 1 1/2 cups water and artichoke hearts. Simmer, covered, for an additional 15 minutes for frozen or about 35 minutes for fresh.

Fresh fennel bulbs may be substituted for the fresh artichoke hearts.



LAMB WITH QUINCE OR DATES

Serves 4. Time: Preparation - 15 minutes; cooking - 2 hours.

2 lb. lamb shoulder or leg, cut into chunks, including bone
1 lb. onions
3 Tbsp. vegetable oil
2 tsp. ginger
1 Tbsp. cinnamon
1/4 tsp. saffron
2 tsp. salt
1 tsp. sugar
3-4 quince
1 Tbsp. honey
water
oil

Grate 4 tablespoons of the onions and rub on the meat. Slice remaining onions. Heat the oil in a Dutch oven or tagine. Stir the ginger, cinnamon and saffron into the oil and add the meat. Sprinkle 1 teaspoon salt over meat while turning and stirring. As soon as the meat has been seared, add the onions, the remaining salt and the sugar. Mix well. Cover and cook over low heat for 2 hours, stirring and basting occasionally.

Meanwhile, remove some of the peel of the quince in strips. Quarter them and remove seeds. Parboil for 10-15 minutes and drain. In a shallow pan, place a little oil and the honey; mix a ladleful of the meat sauce in this. Add the quince and simmer carefully for 10-15 minutes.

Serve the meat topped by the quince and the sauce from both meat and fruit.

Dates and cinnamon are also added to a lamb tagine made with spices as in the previous several recipes.

MARINATED LAMB

Serves 6-8. Time: Preparation - 15 minutes; cooking - 1 1/2 hours.

4 lb. lamb, cut in pieces (with bone)
2 Tbsp. coriander seed
1 small head garlic
water
1 Tbsp. salt
1 tsp. black pepper
3 Tbsp. olive oil
1/4 c. diced kidney fat

Grind the coriander seed and chop the garlic (it does not need to be peeled). Mix with salt, pepper and oil. Mix this well with the lamb chunks, rubbing flavors into the meat, and allow to marinate overnight.

Melt the diced fat from lamb kidneys in a heavy pot. Add the lamb, turning several times until meat is seared. Add water about a quarter of the way up and cover pot; bring to a boil and simmer gently until meat falls off the bones, about 1 1/2 hours. If more water is needed, add hot water a little at a time.

In Moroccan cooking, the lid is usually slightly off the pan. Juices reduce and become flavorful, but care must be taken that they don't simmer away entirely.

LAMB SHANKS OR TROTTERS

Serves 4. Time: Preparation - 20 minutes; cooking - 2-3 hours.

4 pairs sheep feet as prepared for sale by the butcher or 4 shanks of mutton
1 Tbsp. ground cumin
1 Tbsp. sweet paprika
6 garlic cloves
1 pkg. (tsp.) yellow coloring
1 tsp. ginger
4 Tbsp. oil
1 Tbsp. salt
1 tsp. black pepper
1 tsp. ras el hanout*
4 c. chickpeas or lentils

If using lentils, you will need:

1 onion
2 tomatoes

Soak chickpeas overnight.

Mix all seasonings with the oil and heat together briefly. Add the feet or shanks, coating well with the oil. Add chickpeas and water to cover. Cook together until the chickpeas are done. Remove cover and allow remaining water to boil away.

If using lentils, do not soak. Add chopped onion and peeled, diced tomatoes to kettle at the start. Lentils will not take as long to cook.

Moroccans often use the feet of beef or veal for this recipe.

*See section on spices.

LAMB BRAINS

Allow one brain per person. Time: Preparation - 15 minutes; cooking - 15 minutes.

For each of these recipes, the brains should be soaked in cold water for an hour or two. Drain, then plunge into simmering water to which a little lemon juice or vinegar has been added. Simmer gently 5 minutes; then remove and run cold water over the brains. Remove membrane and dice meat.

In Morocco, these are usually served as one of several cold side dishes at the beginning of a meal.

No. 1: Mix some chopped onion, parsley, tomato, paprika and a little salt and pepper. Simmer together until somewhat reduced. Dice the brains which have been precooked as noted above. Season with salt and pepper. Add to the sauce over low heat. Simmer 5 minutes. Serve with olives and lemon slices or preserved lemon pieces.

No. 2: This recipe is from the Peace Corps book on Moroccan cooking. Cook together briefly in 3 tablespoons oil:

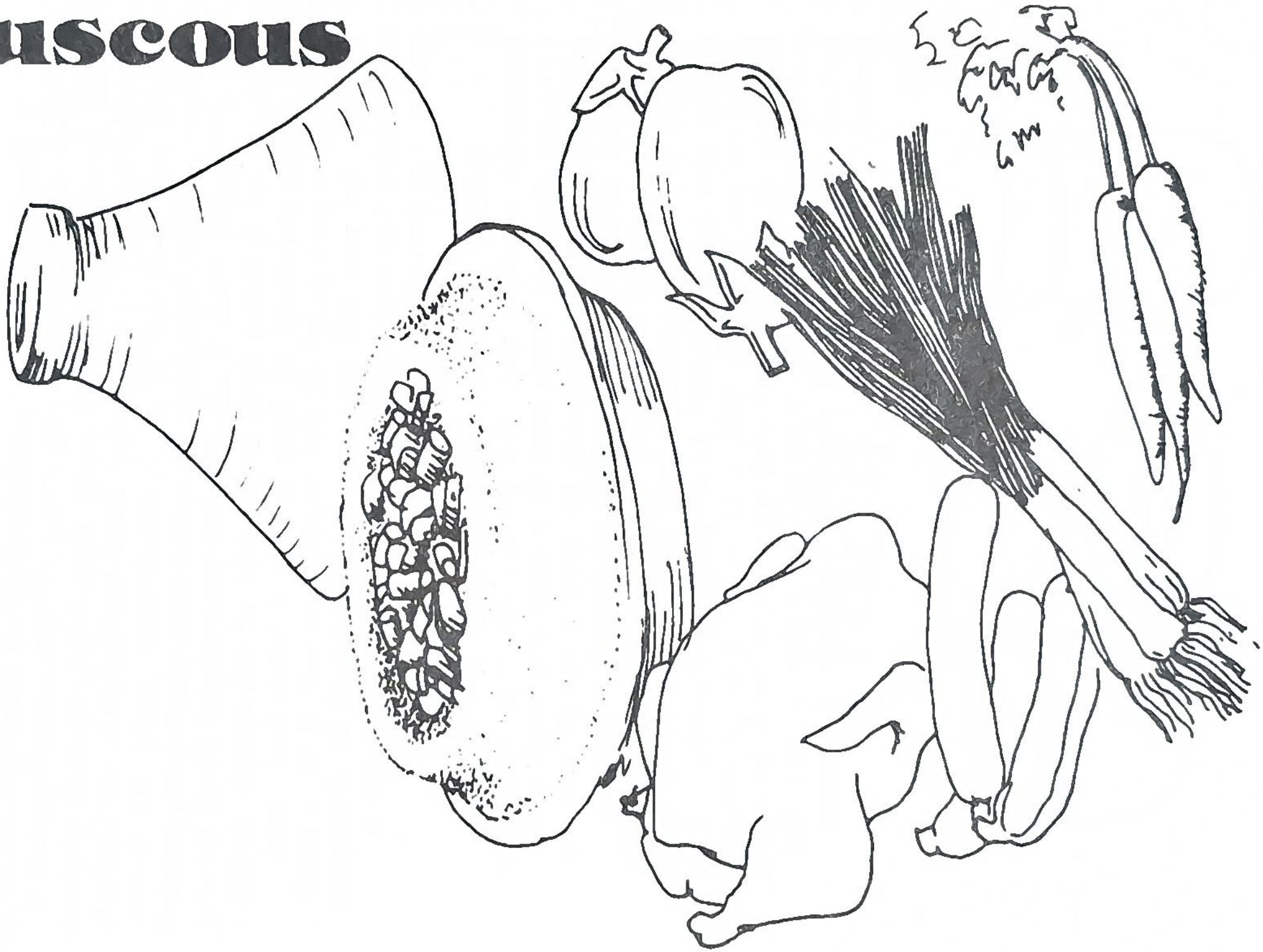
1 Tbsp. chopped coriander
2 tsp. salt
2-3 Tbsp. sweet paprika
3 minced garlic cloves
1 tsp. cumin
1 Tbsp. vinegar

Prepare brains as above and simmer in the sauce for 5 minutes. It can be eaten hot or cold.

No. 3: Yet a third sauce in which to simmer diced brains consists of minced chervil, parsley and scallions mixed with a little saffron, pepper, cumin, olive oil and water. Add lemon juice at end of cooking time.

** EXTRA RECIPES **

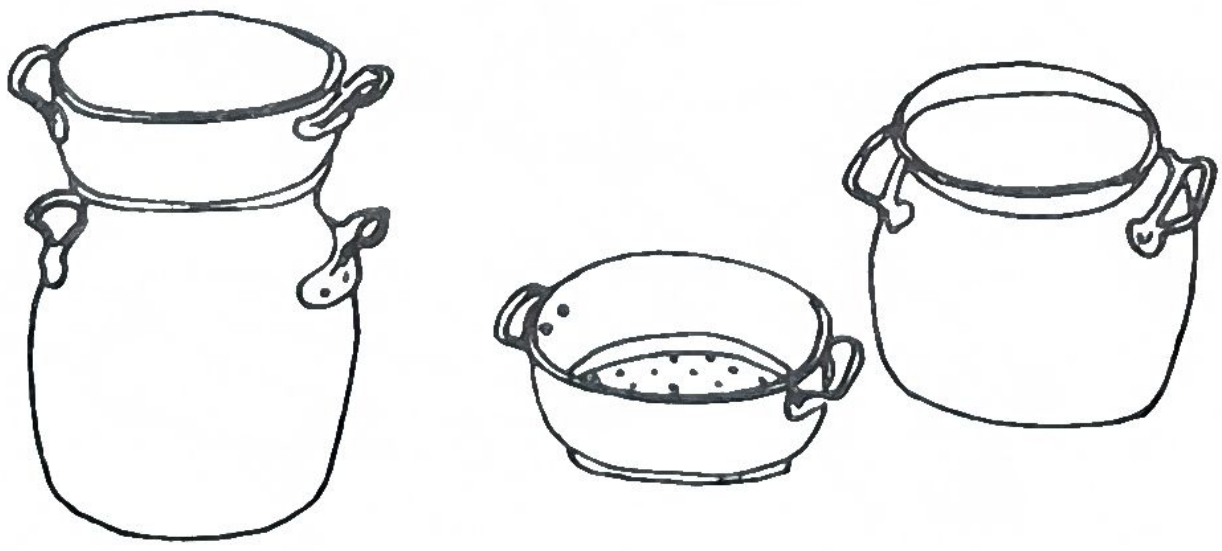
Couscous



COUSCOUS

Couscous is the national dish of Morocco, as it is for most North African countries. "Couscous" means rolled grains of semolina made from hard, durum wheat, each golden grain separated from the other - so light, smooth and scented, it is digested with ease. In a Moroccan home, couscous is eaten with the hands, as are all foods. You must take in your right hand a chickpea or a raisin with a handful of couscous, press and shape carefully to form it into a small ball, and with an expert push of the thumb, propel it into your mouth. As you will probably only succeed in dropping it on your lap and the tablecloth, better ask for a spoon - it tastes just as good.

Rolling your own couscous from the slightly moistened semolina until the grains are fine and even demands much patience and is a skill acquired only after long practice. Nearly as good a result can be obtained with the ready-rolled packaged couscous, sometimes sold as semolina. This is available in the United States in specialty food stores. Some of these stores also carry special Arab cooking utensils. The couscous pot is really just a steamer; a large stew pot below in which the meat and vegetables cook in broth, and a tight-fitting top with holes pierced in the flat bottom to let the steam rise and cook the couscous grains.



Here are two substitutions you can make for the traditional couscous pot: (1) A colander or sieve that fits tightly over a bottom pot, provided the holes in the colander are small enough to prevent the pre-moistened grains from falling through into the boiling liquid below. (2) This method can be used with method one. Make a sack of fine muslin which you can place in the strainer above (never in) the liquid. This has the advantage of permitting you to break up the lumps that form from time to time during the cooking and of keeping the grains from falling through or obstructing the holes.

COUSCOUS

MEAT AND VEGETABLES FOR THE COUSCOUS

Serves 10. Time: Preparation - 20 minutes; cooking - 2 hours.

Soak 1 cup chickpeas overnight in water to cover.

A. Meat: Any of the following combinations, or your own invention, cut into pieces (except chicken):

4 lb. lamb from neck, shoulder or flank
4 lb. combination of lamb, beef and veal
2 lb. lamb and 1 large chicken
1 large or 2 small chickens and 1-2 soup bones (more than one meat makes broth even better)

B. Vegetables: The following mixture is typical, but you may make your own choice according to personal taste and seasonal availability:

1 lb. carrots, peeled and halved
1/2 lb. turnips, peeled and halved
1 lb. pumpkin, cut in pieces
1/2 lb. zucchini
1/2 eggplant, peeled and cut in pieces
1/2 lb. leeks
cabbage and/or khard stalks are also used in Morocco

Note: Traditionally, a couscous contains seven vegetables.

C. Other Ingredients:

2 Tbsp. oil
1 lb. chopped onions
2 chopped tomatoes
2 tsp. salt (or 4 bouillon cubes)
1 tsp. pepper
2 Tbsp. sweet red pepper
1/4 tsp. saffron
1 tsp. chopped parsley
1 small bunch chopped fresh coriander (optional)
1/4 tsp. ginger
1 tsp. turmeric
1-2 hot peppers (optional)

In the bottom of the couscous pot, or any deep kettle, lightly brown the meat in the oil with spices,

(Continued on Page 66)

MEAT AND VEGETABLES FOR THE COUSCOUS (Continued)

onions and tomatoes, stirring and mixing together Other Ingredients (C.). Add 4 quarts water and salt or bouillon cubes. Bring to a boil, add presoaked chick-peas and cook on medium heat. After 1 hour of cooking, add to the bouillon the carrots, turnips, parsley and coriander. Continue at a good boil so that the liquid will reduce a little. A half hour later, add rest of the vegetables. After 2 hours total time of cooking, the meat should be completely tender.

Taste for seasoning and serve. (See the Couscous recipe for serving suggestions.)

The two following optional sauces are served in bowls separate from the meat and couscous.

HOT SAUCE

Remove 2-3 ladles of broth to small saucepan about 20 minutes before serving and simmer with whole hot peppers.

SWEET ONION AND RAISIN SAUCE (From Fes)

2 lb. sliced onions
2 small hot fresh peppers
1/3 c. butter
1 c. raisins, washed
2 tsp. cinnamon
1 tsp. pepper
1 c. sugar or honey

Start this at least 1 hour before serving so that it can get a mahogany color. Saute onions in butter, stirring frequently, until they soften and turn golden. Add other ingredients; cook and stir, letting mixture almost burn on the bottom a few times before stirring it up. In this way, it will get a lovely, dark brown. Remove hot peppers.

Instead of being served in this sauce, raisins are often added to the vegetables or are sprinkled on the couscous before serving.

THE COUSCOUS

Serves 10. Time: Preparation - 20 minutes; cooking- 1 1/2 hours.

1 (2 lb.) pkg. couscous 10 Tbsp. butter

Pour the couscous into a large bowl of cold water and stir it around. Soak for 15 minutes, drain and allow to dry 5 minutes. Put it in the top of the couscous cooking pots, over the boiling broth with the meat and vegetables. If the two pots do not fit together perfectly, tie a rolled wet towel around where the two join to keep the steam from escaping and to concentrate it up through the cooking grains of couscous.

After 1/4 hour, steam will come through. Continue steaming, uncovered, for 15 minutes. Then dump the couscous out into a large, flat pan or platter. Work the butter and salt and a sprinkling of water into the couscous gently with your hands; or you can mash ingredients together gently with the back of a wooden or slotted spoon, breaking up any lumps that may have formed and separating the grains. Put the couscous back in the top pot and let it steam for about 15 minutes. It is cooked when it turns a paler tan color. Taste to check tenderness. To serve, arrange the couscous in a rounded cone on a large round platter.

Make a well in the center and put the drained meat and vegetables into this. Spoon a little broth over it all. Serve the remainder of the broth in a bowl, as well as the optional sauces in separate bowls.

COUSCOUS MEDFOUN

Serves 8-10 (if served as one of several dishes, as in Morocco, where it is served before the dessert). Time: Preparation - 30 minutes; cooking - 1 1/2 hours.

(A)

1 1/2 lb. onions, chopped
1/4 lb. lamb or beef, cut into small pieces (or 6 chicken wings)
2-3 soup bones
1 Tbsp. salt
1/2 tsp. pepper (preferably white)
1 Tbsp. cinnamon
1 stick cinnamon
1 small clove garlic, minced
5 sprigs fresh coriander, chopped
1 bunch parsley, finely chopped
1/4 c. butter
1 Tbsp. oil

(B)

1 lb. couscous

(C)

1/2 Tbsp. oil
1 Tbsp. butter
1/4 tsp. saffron
1/4 tsp. salt

(D)

powdered sugar

Put first 12 ingredients (A) into bottom of couscous kettle, fill 1/3 full of water and bring to a fast boil. Steam couscous (B) in top of kettle for 1/2 hour. Mix with a little water and 1/2 tablespoon oil. Steam another 1/2 hour. Mix with the butter, saffron and salt.

When couscous is cooked and the broth almost all boiled away from the mixture in the bottom of the kettle, mix all ingredients gently together. Serve with powdered sugar (D) on the side.

(Thanks to AWA member Souma Ghalab for this recipe.)

TWO CHICKEN COUSCOUS DISHES

Preparation and cooking times are about the same for all couscous dishes.

To prepare chicken as it is served with couscous, cook the chicken pieces with parsley, coriander or chervil, chopped onion, salt, saffron or roumi, ginger and pepper in smen or butter. When golden, add a little water and cook until meat falls from the bones. Place pieces of chicken in a well in the middle of the couscous and top with sauce from the cooking.

The recipe for Chicken with Eggs and Almonds (page 32) is also often served with couscous. In this case, leave the chicken whole but make sure that it is cooked to the point of almost falling apart. Place the entire chicken in the middle of the pile of couscous. Top with the toasted almonds, then the sauce from the chicken. Place the halved, hard-boiled eggs along the sides of the mound of couscous.

A SWEET COUSCOUS

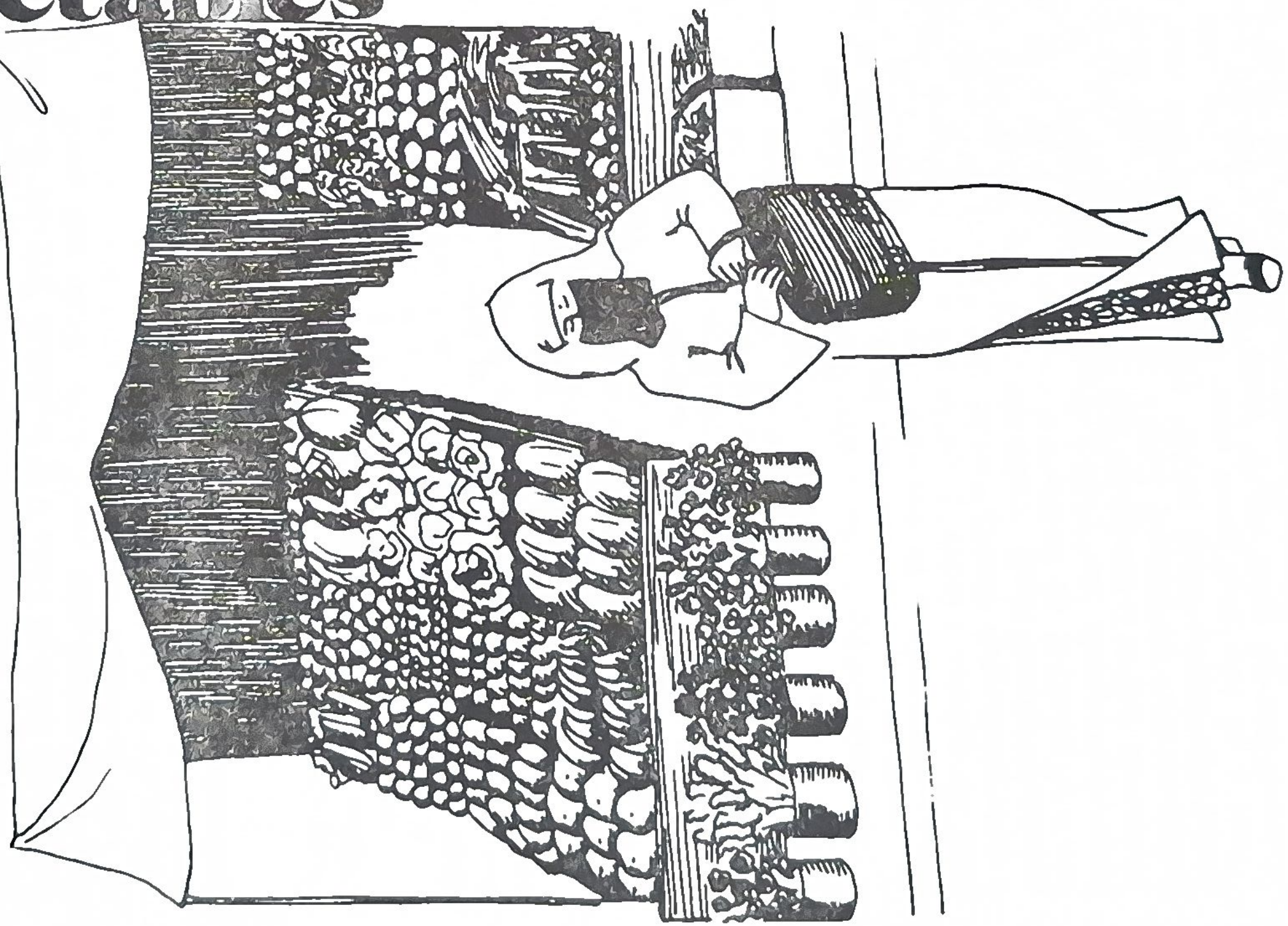
Couscous is always served at the end of a Moroccan meal, before the fruit is passed around, to "aid the digestion" and fill in any cracks. Often the couscous is not made with meat and/or vegetables, but is sweet. (Rice is also prepared this way when served instead of couscous; chopped almonds are added to the rice dish.)

Prepare the couscous over steam from plain boiling water. Add butter to couscous when you place it carefully in the serving dish. Top with raisins. Then sprinkle cinnamon and confectioners sugar over the dish in geometric designs.

Milk is usually drunk with this dish.

** EXTRA RECIPES **

Vegetables



VEGETABLES

Morocco is a joy to vegetable lovers. Why? First, Mother Nature softened the once severe Moroccan climate. Then the lions, wild boar, leopards and monkeys which made farming impossible vanished into the Atlas Mountains and beyond. The nomads stopped wandering and turned to farming. Vast irrigation projects have turned arid lands into oases of orchards, vineyards and fields of vegetables.

Now fresh produce is plentiful. Winter brings citrus fruits and root vegetables, mushrooms and artichokes. In the spring and fall, beans, peas, green peppers and eggplants are abundant. Summertime is for ripening of wheat, and tomatoes and cucumbers are at their best. Zucchini is available all year.

Onions, a necessary ingredient for many Moroccan recipes, return to the shops in late summer. In the autumn huge pumpkins can be stewed in couscous pots, adding their flavor to Morocco's favorite meal. They can also be stewed and served as a delicious soup, or in our familiar American pumpkin pie. Unfamiliar seasonal vegetables include endives, white asparagus and okra.

In the countryside, the main shopping for the week is done on the day of the local market or souk day. In your mind's eye, journey to a souk. Picture a field, enclosed by a stone wall, vacant except on souk day, when the trucks and horse-drawn wagons arrive early with tents and merchandise. Each family quickly sets up a tent or arranges its wares on a piece of canvas. Whatever the wares, they are always arranged attractively. By 7 a.m., the customers begin to arrive for their day of shopping. The women do the shopping. The men are the salesmen. When their wares are sold, the men get a shave and have their hair cut in a tent on the outskirts of the souk, right next to the dentist. Then they buy a loaf of freshly baked bread, mint, sugar and tea, to take to another tent, the restaurant.

The proprietress will prepare their mint tea while her husband cooks liver or small kefta brochettes over a charcoal fire. The children have deep fried doughnuts.

After breakfast the men buy freshly slaughtered beef and lamb at the souk. They wait while the doctors inspect and certify the meat.

Each souk has a storyteller, acrobats and dancers for the men. Gypsy fortunetellers and holy men entertain the ladies.

Early in the afternoon the people head home. Many have walked, or hitched a ride on a wagon. Others ride their donkeys or mules.

Americans also find souk day exciting. They appreciate the low prices. It is common to buy onions, beans or oranges for very little when in season, especially when the prices are bargained down.

In cities there are large covered markets called marchés which are open every day, except Friday and Sunday afternoon. In different sections you will find fish, live poultry and eggs, beef, lamb, horsemeat (and in Fes, camel), and one "charcutier" who deals in pork products; vegetables, herbs, bread and flowers; dry goods and spices are sold nearby. Prices are higher in the marché than in the souks, but the convenience makes city dwellers prefer them.

Generally, in American a pea is a pea and a bean is a bean, however they are prepared. They are a side dish and there is little variety in their method of preparation. But in Moroccan cuisine, the vegetables are a vital part of each meal. They add their own special essences to various couscous and tagine recipes. They allow the poor to have nutritious meals without using large amounts of meat. Protein is added to the diet with eggs, dried lentils and broad beans.

Because produce is seasonal, the vegetable ingredients for couscous vary from month to month.

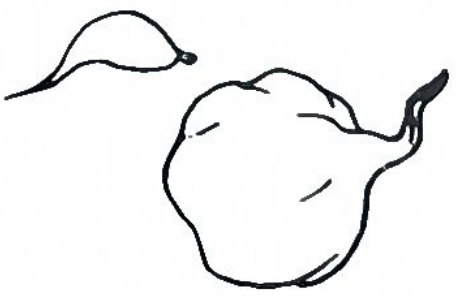
Couscous has remained the favorite meal because its taste varies as the vegetable ingredients change.

Spices and herbs strongly influence the character of the meal when the vegetables are cooked in very little water. The seasonings and condiments make a good, thick sauce. Sweet red pepper will give a rich, warm color. Strong hot pepper and ground cumin are necessary. Finely-minced garlic, chopped onion, coriander, parsley and vegetable oil or butter are usually included for additional flavor interest.

Hot vegetable dishes are seldom prepared without meat. European influence has begun to change the custom and today many meats are accompanied by specially seasoned vegetables. This is common on the holidays when the sweet tagines are served.

SHALLOTS

GARLIC



VEGETABLES FOUND IN MOROCCO AND THEIR USE IN MOROCCAN COOKING

ASPARAGUS-Asperge-In addition to the cultivated "European" asparagus which is white and thick, a thin, green wild asparagus is sold in Morocco (often by the side of the road). It is boiled and served with vinegar; it also makes a good soup.

ARTICHOKE-Artichaut-The hearts are used mostly in tagines. Very young, small artichokes are eaten raw dipped in salt.

AVOCADO-Avocat*

BEANS, dried-Several varieties are found in Morocco and are used both in tagines and in couscous dishes. Salt these after cooking.

BEETS-Bett rave-They are often found already cooked, but not peeled, in the market, as in France. A salad is made of beets with cinnamon, sugar, and if desired, orange flower water.

BRUSSELS SPROUTS-Choux de Bruxelles*

CABBAGE-Chou*-Recipe follows

CARROT-Carotte-Recipes in salad section

CELERY-Celeri-Only the brances are used in Moroccan cooking, usually in soup.

CELERY ROOT, CELERIAC-Celeri rave*

CHICKPEAS, CECI BEANS-Pois chiche-Recipe follows

CUCUMBER-Concombre-Minced or chopped, cucumbers are used in salads, sometimes with a little sugar and orange flower water.

EGGPLANT-Aubergine-Recipe follows

ENDIVE, CHICKORY-Endive*

FENNEL-Fenouille*

KHARD-Cardons-A tough stalk used in tagines; slight artichoke taste.

LEEK-Poireau*

LENTILS-Lentilles-Recipe follows

LETTUCE, ROMAINE-Salade, laitue-All varieties are called hras in Morocco. They are usually served shredded with tomato and onion, or with peeled oranges, cut up very small and mixed with sugar, vinegar and orange flower water.

MUSHROOMS-Champignon-Although little used in Moroccan cooking, three fine mushroom varieties are available in Morocco in addition to the cultivated white mushrooms we know: cepes, morels and the yellow mushrooms called chanterelles or girolles.

OKRA-Gombo, Bamia-Called Mnorhia, okra is often used as a tagine vegetable.

PEAS-Petits Pois*

PEPPER, GREEN-Poivron-See recipe in Salad chapter.

POTATO-Pomme de terre-Used in tagines and sometimes French fried and served on top of meat.

POTATO, SWEET-Pomme de terre douce, patate-Recipe follows

PUMPKIN-Potiron-Recipe follows; also used in couscous dishes.

QUINCE-Coing-Though technically a fruit, quince is used in tagines as a vegetable. See recipe for Lamb and Quince tagine (page 60).

RADISH-Radis-In addition to radishes as we know them, a long, red radish is grown in Morocco, as well as a turnip-shaped white one. The long red radish is grated and served with sugar, oil and vinegar.

RICE-RIZ-Recipe follows. Also served sweet (see Couscous section).

SPINACH-Epinard-Served here with chickpeas and haricot beans, spinach has a local cousin, brhula, for which a recipe follows.

SQUASH-Courge-Several varieties are found including gra slaouiya, for which a recipe follows.

STRING BEAN-Haricot Vert-Used in tagines

SWISS CHARD-Blette*

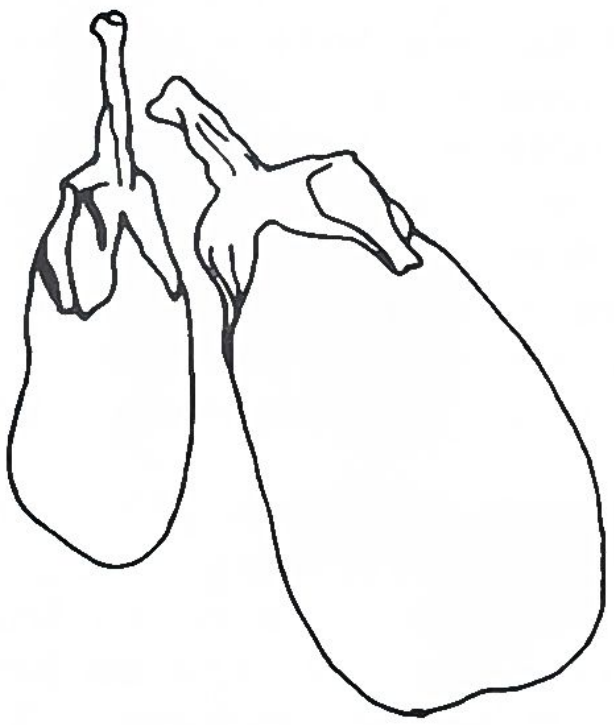
TOMATO-Tomate-You will have noted from the recipes so far that tomatoes are an important ingredient in Moroccan cooking. They are also used in salads, notably the pepper salad.

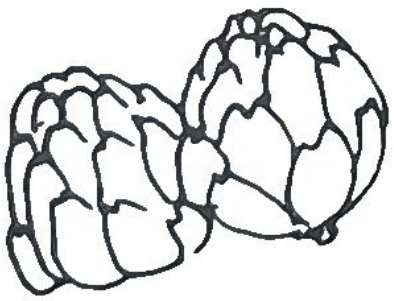
TRUFFLE-Truffe-Alas, the truffle of Morocco is not the famous (and rare and expensive) French or Italian truffle. It is a root vegetable which is used in tagines.

TURNIP-Navet-Used in tagines and couscous dishes.

WATERCRESS-Cresson*

ZUCCHINI-Courgette-Sometimes fried with eggs, zucchini is most often used in couscous dishes.





*Vegetables marked with an asterisk are available in Morocco but are not generally used in Moroccan cooking, having been introduced during the French protectorate.

COOKING TIPS

Make your own Tabasco sauce by crushing hot chilies in a bit of water in a bowl - or add 1 or 2 crushed hot peppers directly to a sauce calling for Tabasco sauce.

Saffron can be prepared for cooking by placing it for a few minutes on the lid of a pot in which something else is cooking. When removed from the lid, it crumbles better and mixes nicely. It can also be warmed in a little water.

Tomatoes are easily peeled by placing them in boiling water for a count of ten. Remove with a slotted spoon, then peel.

Green peppers may be peeled after being cooked by placing them while still hot in a plastic bag. Close the bag and let set for 5 minutes, after which the peppers may be skinned with no trouble.

Presoaking: Dried peas, chickpeas and beans should be soaked overnight before added to a recipe. If you decide it's too much trouble to peel them, boiling for 2 minutes before soaking will soften the skins. If you don't have time to soak overnight, boil for 2 minutes, then add 1 teaspoon baking soda to the soaking water and let stand 4 hours. Adding baking soda also reduces the cooking time needed by about 1/3 to 1/2. Add salt only at the end.

BAKED CABBAGE WITH TOMATOES

Serves 4-6. Time: Preparation - 5 minutes; cooking - 30 minutes.

1 medium-sized head cabbage
1 large can tomatoes or 1 lb. fresh, peeled
salt and pepper
1/2 tsp. garlic powder or 1 clove garlic, minced (optional)
1 small onion, chopped
1/8 tsp. cumin (optional)
1 Tbsp. chopped parsley

Cut cabbage into quarters and boil for 5 minutes. Drain and put in baking dish.

Meanwhile, mix 1 can tomatoes with salt and pepper to taste or simmer the fresh tomatoes for 20 minutes. Add garlic, onion, cumin and parsley. Mix well. Pour over the cabbage and bake at 350° for about 20 minutes.

CHICKPEAS
(Garbanzos, Humus, Cheche Beans)

Serves 6. Time: Preparation - 15 minutes; cooking - 1 hour.

1 tsp. baking soda
1 c. chickpeas
2 Tbsp. olive oil
1 Tbsp. butter
1 1/2 tsp. lemon juice
1/2 tsp. salt

Let chickpeas soak overnight in water and baking soda. Next day, throw away soaking water and remove skin, if desired. Put chickpeas in saucepan; cover with water to an inch above pea level. Let boil 3/4 to 1 hour in covered pot; check for tenderness. They should crush easily between fingers. If tender enough, drain off the water. Add remaining ingredients and serve warm.

Chickpeas are also good served cold. In this case, omit butter and add an extra tablespoon olive oil, garlic, minced onion and 2 tablespoons chopped parsley.

EGGPLANT PUREE

Serves 4-8, depending upon whether served as a vegetable or as an hors d'oeuvre. Time: Preparation - 15 minutes; cooking - 1 hour and 15 minutes.

2 medium eggplants
salt and pepper to taste
2 cloves garlic
1/2 c. salad oil
1/2 c. lemon juice
1 tsp. chopped parsley

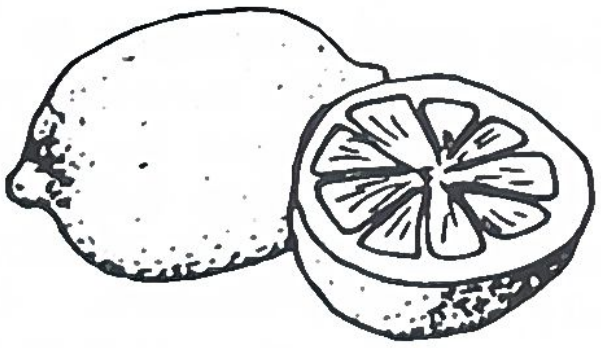
Optional:

1 tsp. coriander
1/2 tsp. cumin
1 tsp. sweet paprika
cayenne pepper to taste

Prick eggplants in several places with a fork to allow steam to escape. Then bake eggplants 1 hour at 350°.

Peel off skin, cut into chunks and either put through food mill, a blender, or mash with fork (blender makes a delicious, creamy dip).

Season with 1 teaspoon salt, 1 teaspoon pepper (or more to taste) and garlic cloves, chopped very fine. Add the optional ingredients as desired. Blend in the lemon juice and salad oil. Form into a mound, sprinkle with parsley flakes and serve.



LENTILS

Serves 8. Time: Preparation - 15 minutes; cooking - 2 hours and 10 minutes.

1 lb. dark lentils, pre-soaked 2 hours in cold water
1 onion, finely chopped
1/2 tsp. turmeric, ground
1/2 tsp. salt

Simmer these ingredients in water to cover, plus 1 inch, until the lentils are soft. This will take about 1 1/2-2 hours, depending upon the quality of the lentils. Add more water if it appears necessary to keep lentils from burning.

2 large onions, thinly sliced
2 tomatoes, peeled, seeded and chopped
5 cloves garlic, mashed
1 tsp. ground cumin
1/4 tsp. ground pepper
2 Tbsp. butter
1 tsp. ground ginger
1/4 tsp. sweet red pepper
2 Tbsp. chopped coriander or parsley
1/2 tsp. salt

In a medium-sized frypan, saute onions in the butter until they are golden in color. Add remainder of above ingredients and cook mixture over low heat for 5 minutes.

Stir into the lentils along with 2 tablespoons chopped coriander or parsley and simmer about 10 minutes until the flavors have blended.

This lentil dish should be thick when it finishes cooking. Serve hot in small bowls with brochettes. If you enjoy highly seasoned dishes, try substituting 1 red chili pepper, finely minced with seeds removed, for the sweet red pepper or try 1 tablespoon of your favorite curry powder.

POTATO CAKES

Serves 4. Time: Preparation - 10 minutes; cooking - 10 minutes.

1 c. dehydrated potatoes
with 1/2 c. hot water
or 2 c. mashed potatoes
1 egg, beaten
1 Tbsp. chopped parsley
1 pinch of saffron (optional)

Mix ingredients (except saffron) together and form into patties. Mix flour, water and a pinch of saffron to a thin gravy consistency. Dip patties in this and fry on both sides until brown.

This is an Americanized version of the hot potato cakes sold in the Rabat Medina by the piece.

SWEET POTATOES

Serves 4. Time: Preparation - 10 minutes; cooking - 15 minutes.

2 Tbsp. butter
2 sweet potatoes
1 garlic clove, minced
1 Tbsp. parsley, chopped
1/4 c. chopped onion
1/2 tsp. salt
pinch of pepper
a little oil and water

Peel sweet potatoes and boil gently for 15 minutes. Drain well and slice or quarter. Melt butter; add garlic, heat and stir for a few minutes. Add potatoes and remaining ingredients to butter. Stir to cover potatoes with butter, garlic and parsley mixture. Cover and cook over low heat until potatoes are tender.

PUMPKIN OR SWEET POTATOES

The same recipe is used for both vegetables when they are served with a meat tagine.

Serves 6. Time: Preparation - 10 minutes; cooking - 45 minutes.

2 lb. sweet potatoes
or 3 lb. pumpkin
2-3 Tbsp. oil
1/4 c. honey
2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves

Precook the potatoes or pumpkin until soft. (To cook pumpkin, peel, remove seeds and stringy portion and dice. Cook, covered, in salted water to cover for 25 minutes. Drain.) Mash. Fry mashed vegetable briefly in oil. Mix with seasonings and honey in another pan and crush all ingredients together. Heat briefly before serving with meat, either as a side vegetable or on top of the tagine dish.

Carrots are also prepared in a similar fashion and are served cold as a salad.

Cook scraped carrots in water until tender; mash, then fry with cinnamon and honey or sugar in a little oil until moisture is gone. Serve cold.

SAFFRON RICE

Serves 6. Time: Preparation - 5 minutes; cooking - 35 minutes.

2 Tbsp. light oil
1 medium yellow onion, chopped
1 c. regular rice
2 c. water or chicken broth
salt and pepper
1/4 tsp. turmeric or saffron
1 Tbsp. parsley, chopped
1/2 tsp. ginger
1 Tbsp. lemon juice

Brown onion and uncooked rice in frying pan with oil for about 5 minutes. Add spices and lemon juice. Pour over meat in tagine. Cover to allow meat juices to steam the rice. Or add spices and liquid to the rice, cover and simmer over low heat until liquid is absorbed, about 20 minutes.

This dish goes well with brochettes.

SPINACH OR BRHULA

Serves 4. Time: Preparation - 10 minutes; cooking - 10 minutes.

2 lb. spinach or brhula*
1/4 c. chopped parsley
2 Tbsp. chopped coriander
1 minced garlic clove
1 tsp. sweet paprika
1 tsp. salt
1/4 tsp. pepper
2-3 Tbsp. oil
olives and lemon juice for garnish

Wash spinach well; slice rather fine and boil in water to cover or steam in the water which clings to the leaves until cooked, 5-7 minutes.

Meanwhile, mix herbs and spices in the oil and heat gently; drain spinach well and stir over heat with the oil mixture until dry. Serve hot or cold, garnished with olives and with a little lemon juice added.

*Brhula is a vegetable very similar to spinach which is found in Morocco. The stems are reddish. It is available at the time that wheat is sprouting.

SLAOUIYA SQUASH

Serves 3-4. Time: Preparation - 5 minutes; cooking - 10-15 minutes.

2 lb. gra slaouiya (a long, cylindrical green squash)
1/2 tsp. salt
pinch of pepper
2 Tbsp. oil
2 garlic cloves, minced
1/4 c. chopped onion

Peel squash and cube it; steam in a little water until soft. Season with salt and pepper. Heat oil; add garlic and onion. Before they brown, add drained squash and mix well. Allow to cook together for a few minutes before serving.

SWISS CHARD

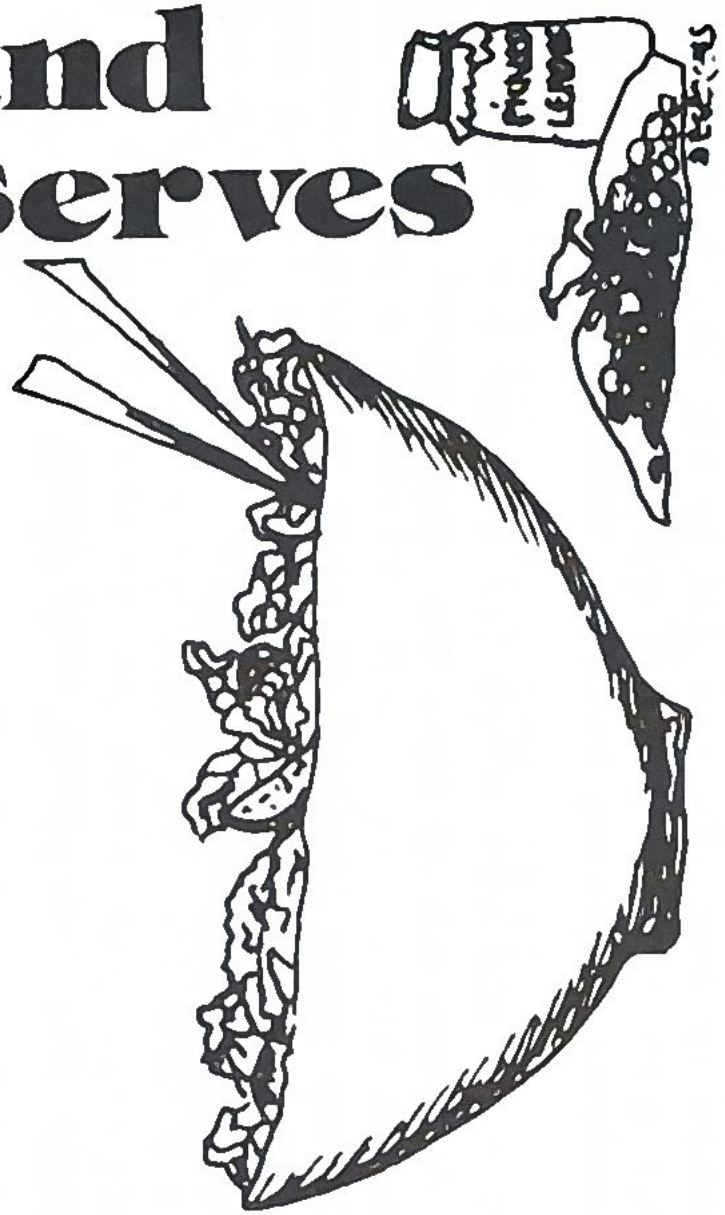
Serves 4-6. Time: Preparation - 10 minutes; cooking - 30 minutes.

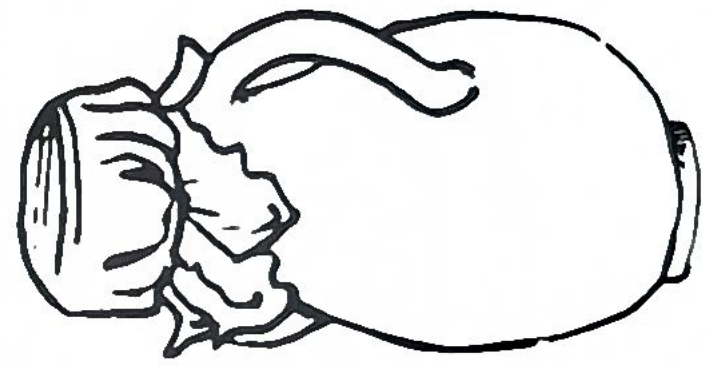
1 bunch Swiss chard
2 garlic cloves, sliced
2 Tbsp. parsley, chopped
1 tsp. cumin
salt and pepper
cayenne pepper to taste
juice of 1 lemon

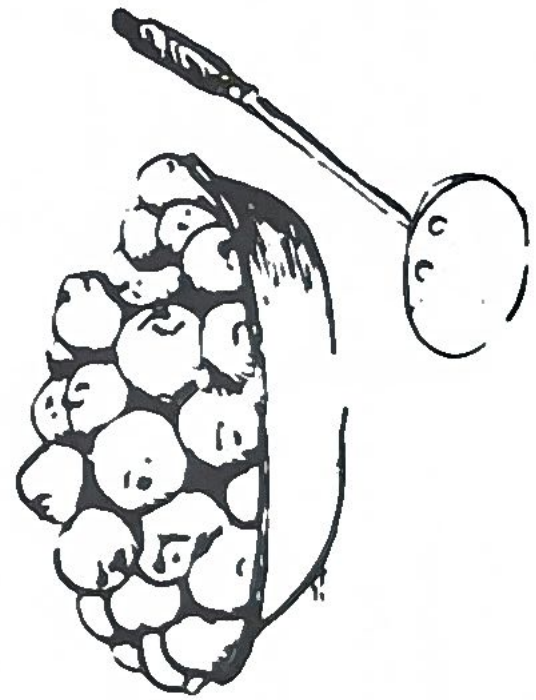
Separate leaves from stalks. Wash; chop coarsely. Cook stalks in salted water and when almost done, add the leaves. When tender, drain. Mix remaining ingredients, add the drained chard and simmer together for 5-6 minutes before serving.

** EXTRA RECIPES **

Salads and Preserves





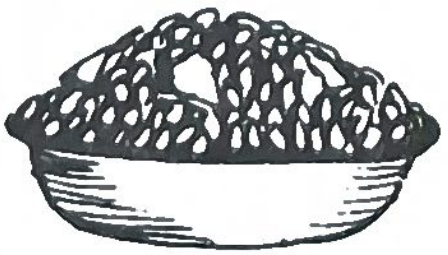


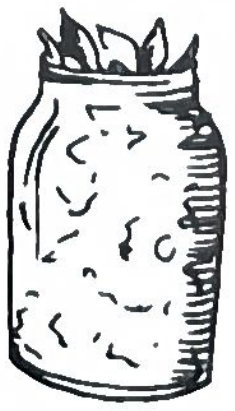
SALADS AND PRESERVES

The stands that sell the olives and the pickled lemons in the old part of town are always some of the most inviting and colorful of the stores that you pass as you wind your way through the narrow busy streets of the Medina. The walls are by custom tiled, and the olives are arranged according to color in lovely pyramids, and decorated with slices of lemons and red and green peppers. The pickled lemons are also piled up attractively, their bright yellow color so splendid among the darker hues of the olives and the tiled walls.

When you make your selection, the vendor scoops them up with a large sieved spoon and puts them in a plastic bag which he carefully fastens with a knot at the top. If you are planning a tagine of pickled lemons and olives, you will want to choose the olives which are usually referred to here as purple, even though they are more of a brownish color. These are olives which have been picked from the tree in the halfway stage of ripening, and are not yet black but are no longer green.

In this section we have included recipes for making your own olives and pickled lemons with the thought that you might like to try making them at home as many Moroccans do, or that after leaving Morocco, you will need them to go on making the tagines of which they are an essential ingredient.





CARROT SALAD

Serves 6. Time: Preparation - 15 minutes.

1 lb. carrots
1 minced garlic clove
2 tsp. chopped coriander
1/2 tsp. pepper
1/4 tsp. salt
1/3 c. salad oil
a few drops of vinegar or lemon

Peel the carrots and grate them or use food mill.

Mix remaining ingredients together and pour over the grated carrots. Toss to coat well. Serve as a salad, hors d'oeuvre or relish.

It can be prepared well in advance as the flavor improves with standing.

Cooked beets may be prepared in this way.

Another carrot dish served cold is described in the pumpkin recipe in Vegetable section.

CARROTS WITH ORANGE

Serves 6. Time: Preparation - 15 minutes.

6 carrots
1 orange, peeled
1 Tbsp. sugar
pinch of salt
1 tsp. cinnamon (more to taste
1 twist of freshly-ground pepper (optional)
juice of 1/2 lemon
1 Tbsp. confectioners sugar
orange flower water (optional)
mint leaves (optional)

Grate carrots very finely, like vermicelli, to the lighter, inner core, which should be discarded. Dice the orange pulp very small. Mix carrots and orange with sugar, salt, cinnamon and pepper. Chill.

Add lemon juice just before serving. Arrange in individual bowls, sprinkle with orange flower water and decorate with a mint leaf and/or a dab of sugar.

EGGPLANT SALAD

Serves 6. Time: Preparation - 45 minutes.

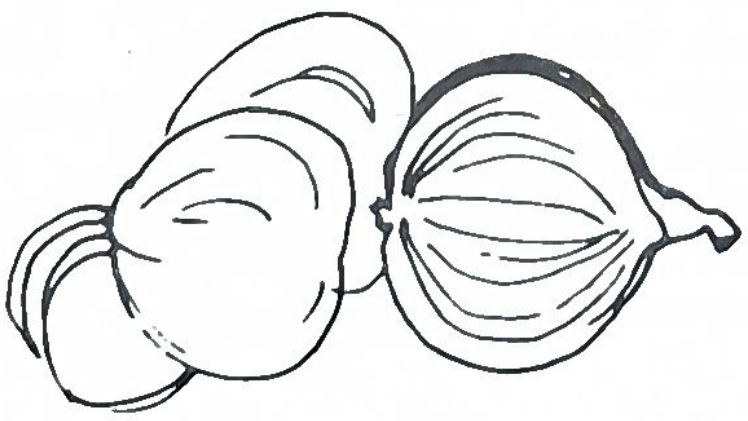
1 lb. eggplants
1 lb. tomatoes
4 Tbsp. olive oil
2 tsp. sweet red pepper (paprika)
1 tsp. salt
1 clove garlic, minced
Tabasco sauce to taste

Peel and cube eggplants. Cover with cold water and simmer for 30 minutes. Drain eggplants when done and press with spoon to remove all possible water. Meanwhile, peel and dice the tomatoes, discarding seeds.

Saute tomatoes together with eggplants and remaining ingredients in the oil for about 5 minutes, stirring constantly and mashing the ingredients together as much as possible. Refrigerate before serving.

This also makes a good dip.

Note: The eggplant recipe in Vegetable section can also be served as a salad.



GREEN PEPPER SALAD

Serves 6. Time: Preparation - 15 minutes; cooking - 20 minutes.

2 lb. large green peppers
1 lb. large red tomatoes
1/2 tsp. sugar
2 Tbsp. olive oil
1 clove garlic, chopped
1/2 tsp. vinegar or lemon juice
1/2 tsp. salt

Spread out green peppers on a flat pan and put into a 400° oven to bake for about 20 minutes. Turn each pepper over during baking period so they do not burn on the bottom. When tender, remove from oven and put them in a plastic bag for 5 minutes. They will peel more easily. Peel them and cut into strips.

While peppers are baking, peel tomatoes; then cut up tomatoes, remove seeds, letting the juice drip into serving bowl, and saute them briefly with the olive oil and garlic in frying pan. Crush them a bit as you stir and mix in the sugar, vinegar and salt. Pour tomatoes over the sliced-up peppers and serve chilled or at room temperature.

ROMAINE SALAD

Serves 4-6. Time: Preparation - 5-10 minutes.

These two recipes are used with any salad greens.

Wash a head of romaine lettuce, separating leaves and discarding brown edges. Slice the salad in long strips or shred by hand. Serve with sliced tomatoes, onions and a French dressing.

With oranges: Peel a large orange, remove membranes and seeds, and dice the meat rather small. Mix with shredded romaine. Sprinkle 1 tablespoon sugar, 1 teaspoon cinnamon and a little vinegar over all; add a little orange blossom water to taste. Lemon juice may be used instead of the latter.

ZUCCHINI SALAD

Serves 6-8. Time: Preparation - 10 minutes; cooking - 10-15 minutes.

1 lb. zucchini
2 garlic cloves
1/4 tsp. cumin
1-2 Tbsp. chopped coriander
2 tsp. sweet paprika
1 tsp. salt
1/2 tsp. black pepper
1 Tbsp. lemon juice or vinegar
3-4 Tbsp. olive oil

Scrub the zucchini well or peel. Slice along length 1/4 inch thick and cook in salted water to cover until tender. Drain. Mix remaining ingredients and pour over zucchini. Allow to marinate before serving, cold or at room temperature.

PRESERVES

SALE PICKLED SWEET PEPPERS

Amount: 1 quart jar full. Time: Preparation - 15 minutes; to pickle - 6 weeks.

1/4 c. salt
1/2 c. vinegar
1 1/2 c. boiled water
green and red sweet peppers
2 small hot peppers

Take some red and some green sweet peppers and split them lengthwise, but not all the way through; stop just short of cutting them in half. Pack them in a 1-quart jar and add 2 tiny hot peppers.

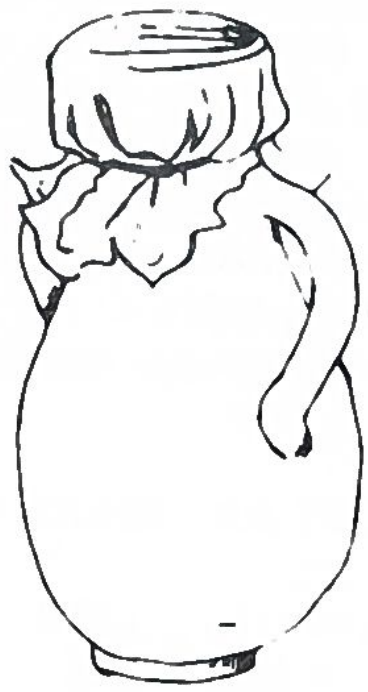
Dissolve the salt in the water and let it cool. Add the vinegar and pour over the peppers to the very top. Cover tightly. Allow 6 weeks for them to pickle.

These are very pretty looking and because of their color would make nice little Christmas gifts.

PICKLED LEMONS

Cut each of 20 small, thin-skinned lemons in half, but not all the way through, so the halves are still attached.

In the opening place a teaspoonful of coarse salt (gros sel or melha ralayda). Pile the lemons in a covered jar, or preferably an earthenware crock (habil) as pictured below.



Let stand 4 days; then fill to the very top with water. Cover tightly with a piece of plastic sheeting and fasten with a rubber band. Leave for at least 2 months.

HOW TO PRESERVE OLIVES

2 lb. purple olives (medium ripe)

3 lb. bitter oranges (Seville or marmalade type)

Prepare the olives by washing them and cutting three slits in each one. Leave the olives in salty water for 10 days, changing the water each day.

Remove the outer peel of oranges, but leave white membrane. Crush the oranges thoroughly and remove the pits.

Drain the salty water from the olives and mix them with the crushed oranges. Keep them in a covered jar for 3 weeks or until ready.

Remove them from the orange mixture and keep them in a brine of salty water.

ORANGE MARMALADE

3-4 lb. oranges
sugar
cinnamon sticks

Using only the orange rinds left after making a quart of orange juice, you can make a very good, thick marmalade by the following recipe.

Juice the oranges. Grate the peels over largest grater holes. Soak overnight in water to cover. Add any pulp saved from juicing the fruit. Add sugar in an amount equal to the grated peels. Add several pieces of cinnamon bark. Cook, preferably in a heavy-bottomed kettle, over low flame until the marmalade becomes thick; be careful not to let it stick.

This marmalade keeps in the refrigerator for well over a year.

REGULAR MARMALADE

Yield: 3-4 quarts. Time: Preparation - 3/4 hour; cooking - 2 hours.

1 grapefruit (approximately 1/2 lb.)
1 1/2 lb. oranges
1/3 lb. lemons
4 lb. sugar
1 1/2 qt. water
1/2 tsp. bicarbonate of soda

Wash fruit, cut in halves and sliver the skins. Slice the pulp. Soak overnight in the water to which bicarbonate of soda has been added.

Cook slowly in heavy-bottomed kettle together with the sugar until thick, approximately 2 hours.

FIG JAM

Time: Preparation - 15 minutes; cooking - 1/2 hour.

4 c. figs (about 2 lb.)
2 c. sugar
1 orange
3-4 Tbsp. lemon juice

Peel orange, julienne the rind and cook in a small amount of water until tender.

Meanwhile, trim figs of stem ends; chop or pass through food mill. Add the sugar. Chop the peeled orange and cooked rind; add to figs. Cook very slowly until thick, about 1/2 hour. Add 3 tablespoons lemon juice if using green figs, 4 tablespoons to purple figs.

This recipe is from the Peace Corps book on cooking in Morocco.

SALTED ALMONDS

Makes 5 cups, over 1 quart. Time: Preparation - 30 minutes; cooking - 30 minutes.

2 lb. shelled almonds
1 c. vegetable oil
2 Tbsp. salt
boiling water

Peel almonds by dropping a few at a time in simmering water. Remove after a minute or so with a slotted spoon. The skin slips off if you pinch it open at one end.* Mix the moist almonds well with the salt; allow to stand 15 minutes.

Meanwhile, heat the oil in large frying pan; do not let it become as hot as for French fries; a test almond should barely sputter. Place all almonds in the pan at once and stir; keep stirring them gently and keep the flame low. They should brown very gradually. When they are all golden (20-30 minutes), drain and spread out the almonds between double layers of paper toweling until cool.

Note: The advantage of fixing almonds this way is that the salt is unobtrusive; they are not greasy to the touch and they last for months in a covered jar.

*The almonds are now "blanched."

ALMOND PASTE

Yield: 1 pound. Time: Preparation - 20 minutes.

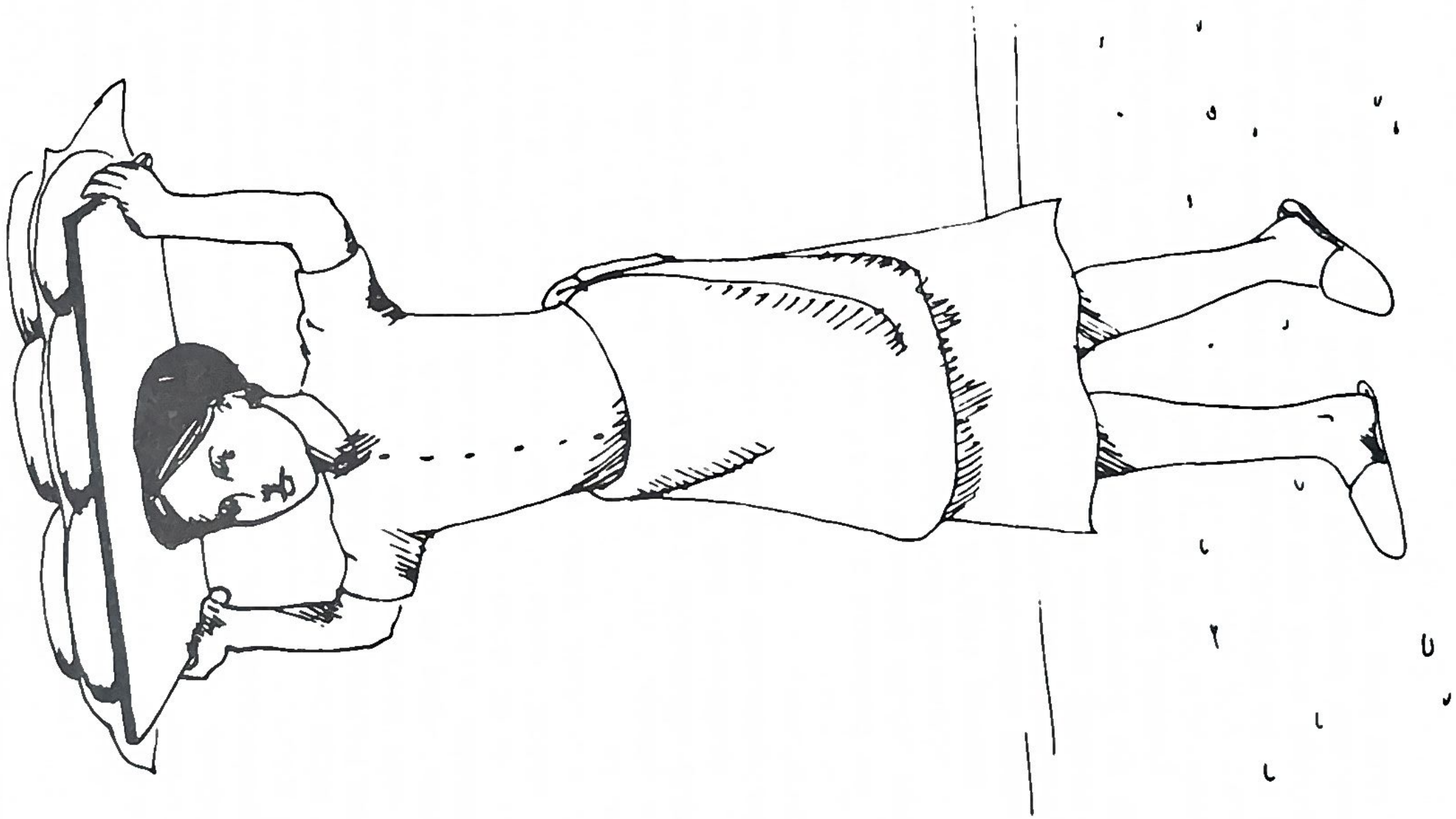
2 c. blanched almonds (see previous recipe)
1 1/2 c. superfine granulated sugar
2 egg whites

Make sure almonds are very dry and grind them three times through finest knife of food grinder or blend in a blender. Mix almond powder with the sugar, then beat in egg whites.

Shape mixture into a ball, wrap in plastic and leave in refrigerator 6 days before using. More sugar may be added to taste at this point.

If Almond Paste is allowed to stand for 2-3 weeks, the flavor is improved. It can also be frozen.

Breads



BREAD

Moroccan bread - Ksra - is made in every Moroccan home be the family rich or poor, rural or urban. This is not dependent on the proximity of a boulangerie nor the possession of a stove, but rather on the pride each family takes in breaking and tasting - as well as offering to guests - its own unique-tasting loaves. Bread possesses an almost religious quality for the Moroccan (which can well be understood in light of the famines in Moroccan history, often interpreted as the result of Alah's displeasure). Every morsel of bread is eaten. When old, it is wrapped in paper and placed on the doorstep for the passing beggar who may devour it immediately or take it home to cook in a tagine. At table everyone eats bread - even those "slimming" - for it is a staple in the daily diet.

At breakfast, bread is smeared with butter, homemade preserves, or natural honey; at lunch, it is used to soak up the meat juices of the steaming tagine; and at dinner, bread accompanies the soup or goat cheese.

Early each morning, the bread is kneaded on the gsaa, a large, round wooden or ceramic dish, and shaped into the characteristic round, flat loaves. Placed on a board and covered with a bright pastry cloth, it is then carried off to the common oven precariously balanced on the head of a young maid. Or perhaps the family prefers to have the loaves picked up by a cart wheeled by a young man employed by the oven establishment. They will be delivered freshly baked before the noon meal.

When one sees a cart such as this with 50 or 60 loaves covered brightly, one wonders how each family gets back its own bread. Some say that each has a fingermark or stamp of its owner, but I am told that

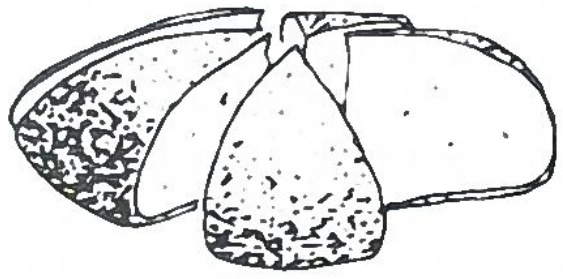
the baker never confuses one family's bread with another's merely by its position on the cart, and hence, in the oven!

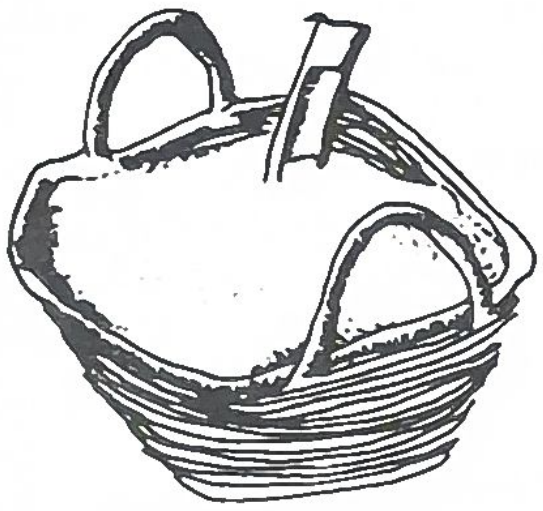
The most important ingredient in bread is, of course, the grain or flour. Bought in bulk at the grain market, the grain is washed and separated and laid to dry on the terrace in the sun. Then it is taken to the mill to be ground into flour or couscous, or it is pounded into flour in the family mortar. In Morocco there are two types of wheat available: durum (a hard-kernel wheat) and soft wheat (a less hard-kernel wheat). Morocco itself grows mostly durum because couscous, the national dish, can be obtained only from durum. Durum is preferred by rich Moroccans for its taste and weight. Because soft wheat is cheaper it is much sought after at the local level but there is not much available (the commercial bread market uses soft wheat). Hence, price and availability become important factors in the blending of bread flour - and it is always a mixture at the domestic level - for rich people of durum and soft wheat flour, for poorer people, of as much durum as they can afford and soft wheat flour (if available) or corn or barley flour. This is precisely what gives each hearth's bread its own unique taste and texture.

Ksra is of the sourdough variety; that is a small piece of the day's dough is reserved in an earthenware jar to serve as tomorrow's yeast starter. However, in our recipe, we have used Fleischmann's dry yeast for convenience. Table oil is used everyday, but butter is substituted for special occasions.

When you make your Moroccan bread, use any combination of flours you like, and save a piece for tomorrow's starter if you really "go" for Moroccan food, but do make, at least just once, a loaf or two of Ksra to complement the authenticity and taste of your other Moroccan dishes.

(True "Ksra" is the unleavened bread made in the country, but the word has come to mean, in the cities, the Moroccan loaf, as contrasted to the French bread made as well by city bakeries.)



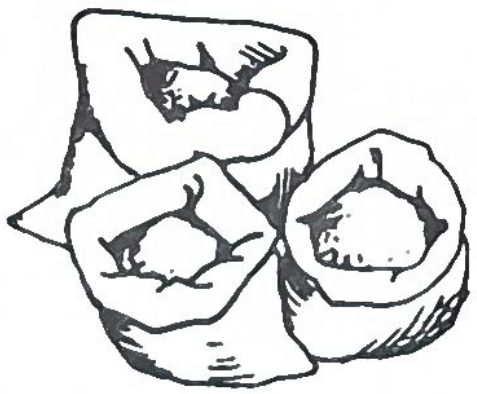


BREADS

THE RABAT GRAIN MARKET

Down the hill from Place Patton towards the Sale bridge, you will find the Rabat Grain Market. It is almost hidden behind its high surrounding walls. On entering the unmarked door, one is confronted with several long rows of open sheds which cover huge sacks of various grains. Here one may buy whole wheat and other unprocessed or semi-processed grains in addition to corn, birdseed, lentils, chickpeas and other dried peas and beans of all sorts. The prices are wholesale, but the merchants are happy to sell in retail quantities.

For those who have searched in vain for whole wheat flour, this is the answer. For whole wheat flour, buy soft wheat or "ble tendre." Many local bakeries will grind it for you. But an excellent whole wheat flour may be obtained by doing it yourself in a blender. Process about 1/2 cup at a time at the highest speed and repeat until the desired quantity is done. Best of all, you can control the degree of coarseness you want by simply adjusting the processing time. And, because the resulting flour is actually cut rather than ground, it will keep practically forever.



KSRA - BREAD

Serves: 2 loaves approximately 8 inches in diameter. Time: Preparation - 1 hour; cooking - 1 hour.

1 3/4 c. lukewarm water
2 tsp. sugar
1 Tbsp. salt
2 Tbsp. melted butter
2 packets dry yeast
1/2 c. warm water
7 1/4 c. flour (any mixture of flours)*
1/4 c. corn meal

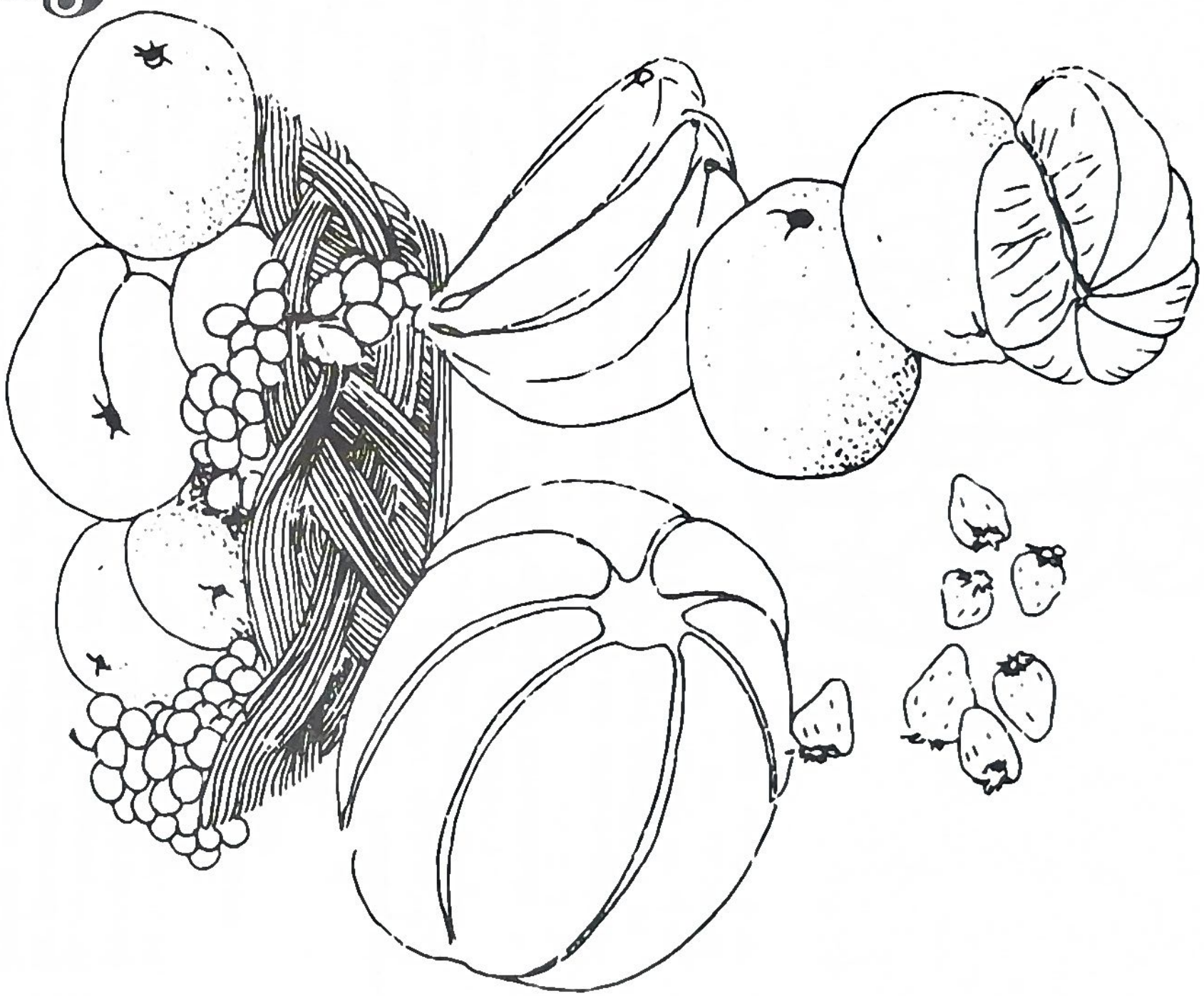
Mix the 1 3/4 cups water, sugar and salt; dissolve the yeast in the 1/2 cup warm water and add to first mixture. Add melted butter. Then add flour and begin working dough together and kneading it. Knead for 20 minutes for a fine-textured loaf. To shape round, pull dough out to side and tuck under pivot until smooth, round, semi-flat (about 2 inches thick at center) loaf is obtained. Dust with corn meal and cover with tea towel; place in warm spot to rise 1/2 hour.

Bake about 1 hour at 400° or until golden (a few cracks will form in crust).

For special occasions the Moroccans will usually add a bit more butter, cutting down on water and adding aniseed or caraway seed and more sugar. Some even add an egg or two.

*Use coarsely-ground flour in proportion to how coarsely-textured you like your bread. Or if you like dark bread, use whole wheat flour.

Desserts



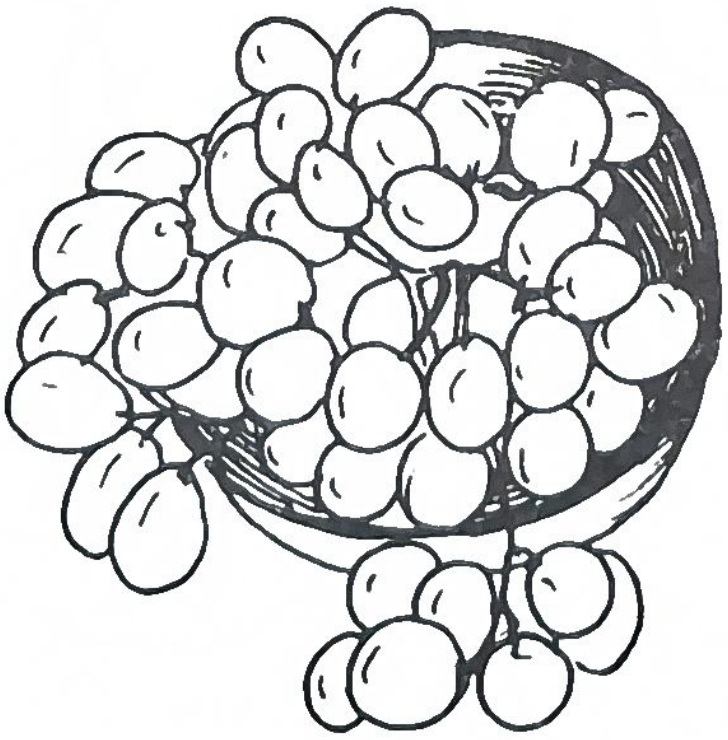
DESSERTS

Moroccan desserts do not have the same importance and elaborate preparation as in American, French or Central European cooking.

The perfect ending of a Moroccan meal is fruit, whether served after a sumptuous Difa or a plain family meal. The Moroccan food is so delicious and richly spiced that a dessert of any kind is superfluous. The fruit is seasonal. In summer, it is watermelon served in bite-sized wedges, peaches, nectarines and delicious Spanish melon and cantaloupes as well as green and purple figs. In the fall and winter, grapes, apples, pears and citrus fruit; in late spring, cherries, apricots, strawberries, loquats (or medlars) and plums are prevalent. Nuts and dates are served all year round.

There is no Arabic word for "dessert". Perhaps it is just as well, since one recipe I found for a Moroccan sweet made with honey, nuts and sesame called for "as much hashish as you think necessary." An editor's note added, "The best kind are homemade."

A variety of sweet cakes and cookies are served with mint tea. Most housewifes prepare the pastries at home but take them to be baked at the bakery.



POMEGRANATE

One per person. Time: Preparation - 5 minutes apiece.

1 pomegranate
1 orange
1/4 tsp. cinnamon
1 Tbsp. sugar
sprinkling of orange flower water

Cut pomegranate in half or quarters, being careful to save juice. Pull the seeds and flesh away from pulp and add to juice. Peel and remove membranes from an orange; slice very thinly. Add to the pomegranate. Sprinkle cinnamon, sugar, and, if desired, orange flower water over all before eating.

ORANGE DESSERT SALAD

6 oranges, peeled and sliced
6 dates, chopped
6 browned almonds, slivered

Place all ingredients in a bowl and squeeze juice of 1/2 lemon over mixture. Chill. When ready to serve, sprinkle with powdered cinnamon.

Variation: Peel 3 large oranges, taking care to remove all the bitter white pith. Slice very thinly; arrange on a plate. Sprinkle with orange blossom water and dust lightly with ground cinnamon.

UNCOOKED DESSERT S'LOU

7 c. flour, browned in oven under grill
3 c. sesame seed, toasted in oven at 350° until golden brown (about 15 minutes)
2 1/3 c. grated walnuts
2 1/3 c. grated almonds
2 1/4 c. powdered sugar
1 Tbsp. fennel seed
1 Tbsp. cinnamon
1 1/4 c. less 2 Tbsp. melted butter
1 c. oil

Pound solids until they become powders; mix powders together. Rub in butter and mix in oil. Garnish with almonds and confectioners sugar. To be eaten with a spoon.

This is traditionally served when a new baby is named (to the accompaniment of a sheep sacrifice) seven days after birth. It is believed to give the mother strength.

FATIMA'S COOKIES

1 c. ground sesame seed
2 c. oil
1 c. almonds (with skins)
3 eggs
1 1/2 c. sugar

Beat all above ingredients until very foamy. Gradually add 1 teaspoon meska (gum Arabic powdered in mortar). Blend in and mix well:

1 tsp. cinnamon
1 tsp. vanilla
1 tsp. rose water

Sift together and add gradually to above mixture:

4 c. flour
2 Tbsp. baking powder

Knead dough very well and form cookies. Bake in a 375° oven for 15 minutes.

GAZELLE HORNS

Yields: 3 dozen. Time: Preparation - 1 hour; cooking - 35-40 minutes.

1 lb. Almond Paste*
1/2 c. sugar
1 tsp. cinnamon
2 1/4 c. flour
1/2 tsp. salt
2 Tbsp. sugar

*For Almond Paste, see recipe on page 86.

If available, orange blossom water or rose water; 1 teaspoon vanilla may be substituted.

A bowl of confectioners sugar for dipping pastries.

Mix the flour with the salt and 2 tablespoons sugar; gradually add enough water (about 3/4 cup) to the flour to form a dough. If you have rose water, mix 1 tablespoon into the water first. Knead the dough well until it is smooth, pushing it out on a flat surface with heel of your hand. Gather dough into a ball and sprinkle lightly with flour. Allow to stand 10 minutes.

Form long oval lozenges from 1 1/2 tablespoons of the Almond Paste for each.

Roll the dough on a floured surface to 1/8 inch thickness. Place a row of the Almond Paste lozenges about an inch from edge of dough. Fold the dough over the lozenges, forming a crescent shape from each lozenge. Seal closed and cut each crescent away from remaining dough with a pastry wheel. Crescents should curve only slightly and be pointed at each end. Continue until all of the dough is used; yield should be about 36 pastries.

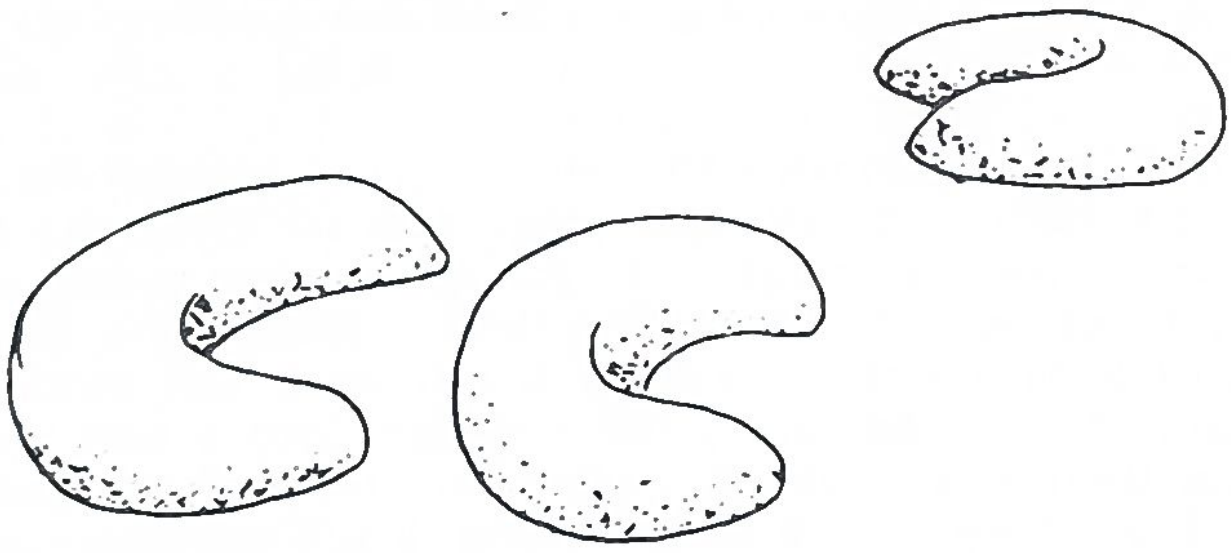
Preheat oven to 400°. Butter or oil a baking sheet and place crescents on this; place in the middle of the oven and bake for 35 minutes or until "Gazelle Horns" become slightly golden.

(Continued on Page 92)

GAZELLE HORNS (Continued)

While still warm, moisten crescents with orange blossom water or rose water and dip them into the confectioners sugar. Allow to cool.

These keep well in a covered container.



RAIF
(Flaky Pancakes)

Quantity: 24 pancakes, 7-8 inches in diameter.
Time: Preparation - 30-40 minutes; cooking - 30 minutes.

4 c. flour
1/2 tsp. salt
1 egg
1 1/4 c. water (approximately)
1 c. oil
honey and butter (to be served with pancakes)

Make a mountain of the flour on a smooth working surface; sprinkle with salt. Make a well in center of flour and break the whole egg into this. Gradually work flour into egg with fingertips. Add water very gradually, working with fingertips until all the flour is moistened. Now knead dough, pushing away with heel of hand, folding over and kneading well. Sprinkle more water over dough until dough is very soft and just slightly sticky. Kneading should take at least 5 minutes. (This dough can now remain overnight at room temperature, covered with a cloth, but this is not necessary.)

Have a small bowl of oil ready. Dip fingers of both hands in oil. Push one end of the roll of dough into your left fist; squeeze a ball of dough about 1 1/2 inches in diameter up between left thumb and index finger at fist and pinch off. Set aside. Continue making dough balls. Allow them to rest 10-15 minutes.

Now spread a film of oil on working surface. Keep hands and fingers well oiled throughout. Take a dough ball and spread it out with fingers into a circle, making sure edges are thin as well. This dough should be as thin as possible. Pick up far end of circle and fold over 2/3 of the circle; lift bottom third and fold up over top, forming a rectangle. Turn this over, then fold the two sides towards the middle, forming a square. Flatten slightly and set aside. Proceed with remaining dough balls.

By the time you have finished making the last folded square, the first will be ready to cook. There are two methods of cooking.

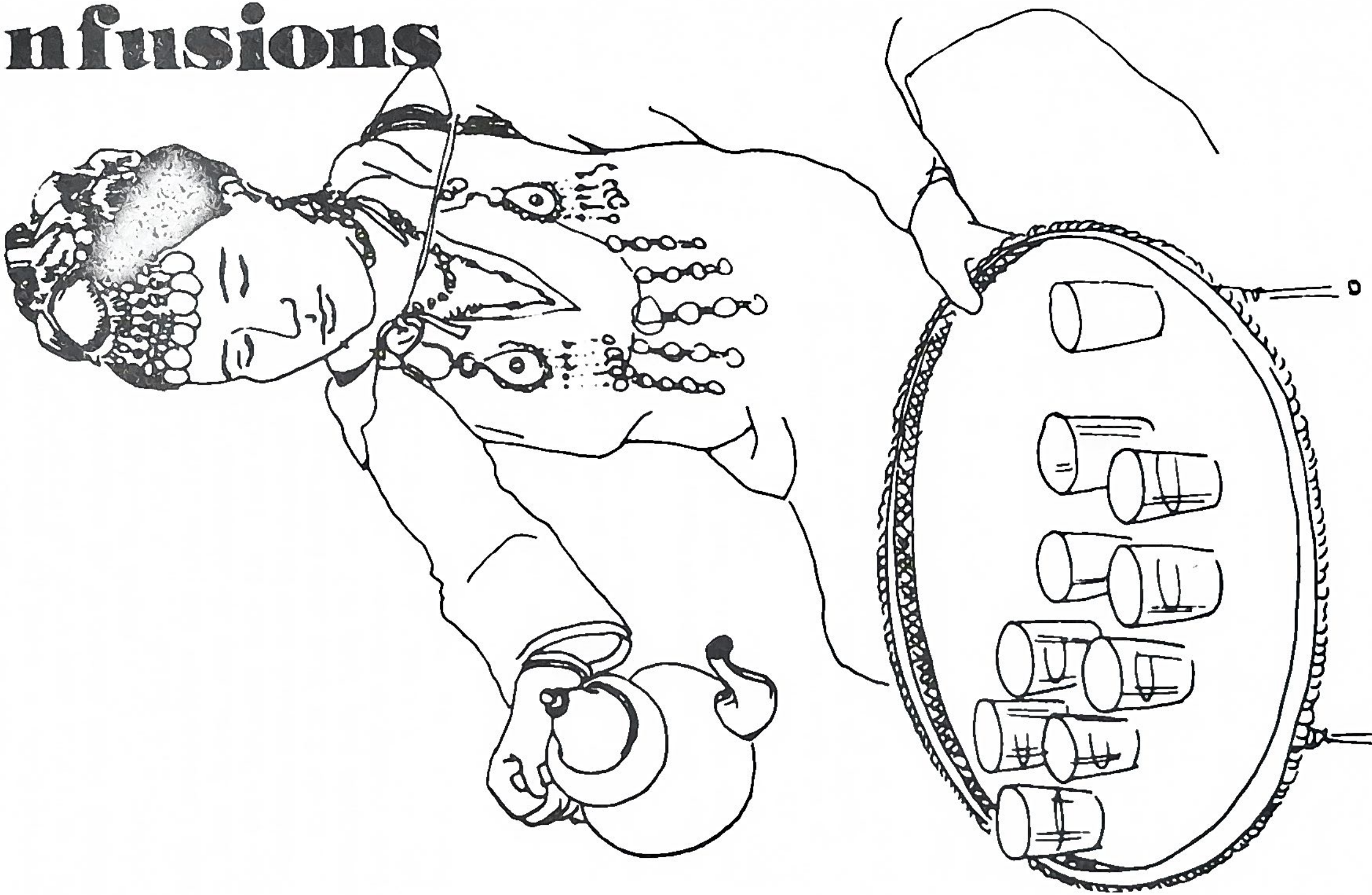
(Continued on Page 94)

If you are eating the Raif right away, cook them on a griddle with a light film of oil. If you are cooking them ahead of time, cook in deep fat or oil; reheat in oven before serving.

For either method of cooking, take the square of dough and once again flatten it out and spread thin with fingers. Pick up by the edges and drop on hot griddle or in deep fat. Turn several times (you can do this with two forks) until golden brown on both sides. Drain on paper towels.

Butter and honey are spread on Raif at the table.

Infusions



INFUSIONS

Any chapter on beverages in Morocco must begin with mint tea, as it is the national drink.

It is interesting to know how the Moroccans, who in bygone days drank only infusions of wormwood and mint, came to mix them with tea. At the time of the Crimean War in 1854, the blockade of the Baltic caused British merchants to seek new markets, and led them to dispose of large stocks of tea in Tangier and Mogador. Since then its popularity has never ceased to grow, and it is now the daily drink throughout Morocco.

MINT TEA

To prepare Moroccan tea, one needs:

Tea - Green or China tea is used, quality and scent to suit individual taste.

Mint - "Mentha Viridis" is the type to use; a dark green leaf with a thick stalk, it must be fresh.

Sugar - Moroccans use loaf sugar sold in a cone shape but granulated or lump sugar does as well.

The utensils are always the finest the family can afford.

- A kettle of tin, copper or silver on a simple charcoal stove or spirit lamp of silver. Splendid samovars are used for receptions.

- A metal teapot, a pretty box for sugar, and one for tea.

These are all assembled ahead of time, with the appropriate number of glasses, on a metal tray or low coffee table and then covered with a fancy embroidered cloth.

Tea making, say the Moroccans, is a gift of God and is regarded as a ceremony of hospitality; it is also drunk constantly, without ceremony, throughout the day. It is the host, not the hostess, who presides. Sometimes, a friend or a guest is invited to show his skill; this is a great honor.

Although there are no hard and fast rules, here are some general guidelines. The quantities given below are for serving 10.

MINT TEA

Have ready a kettle and a teapot capable of holding and boiling 1 1/2-2 pints water. Fill kettle and set to boil while the company sit back and relaxes.

This is important; one must consciously try to relax and by the time the steam is gently flowing, one's mind - and stomach - are in a receptive mood for the "benediction" of the tea.

Put 1 1/2 tablespoons tea in the teapot and pour in half a glass of hot water.

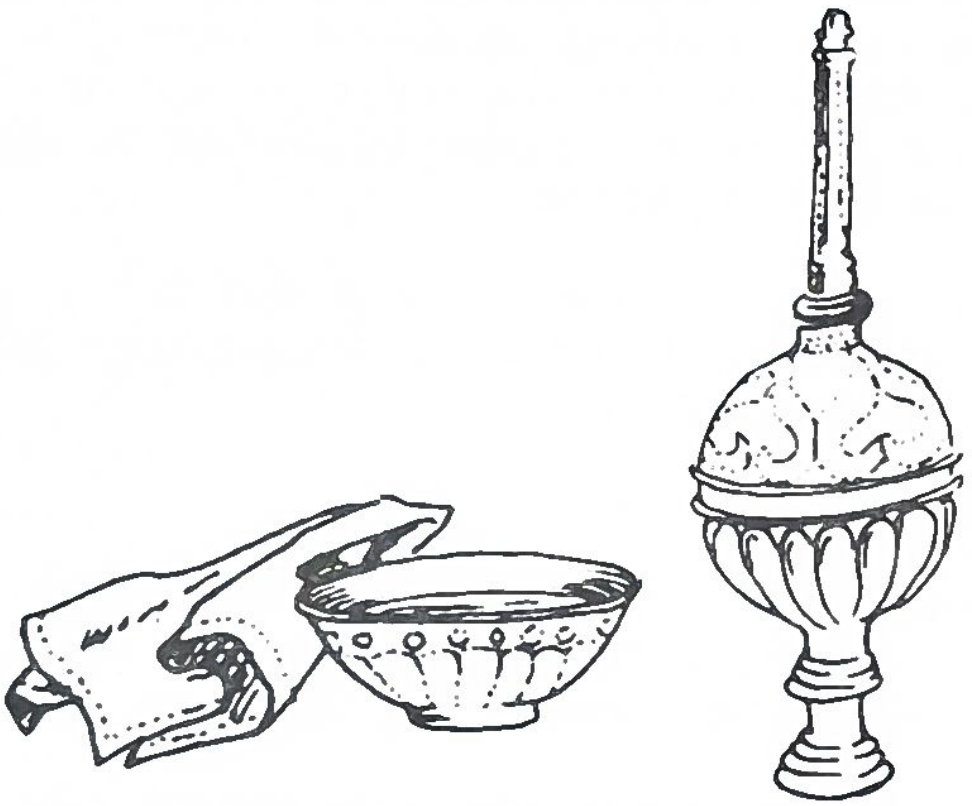
Rinse around the pot vigorously and then throw away water. This seems to wash away dust and a little of the bitterness.

Add 4-5 sprigs of mint and some sugar. Fill up the pot with boiling water and leave to steep for 7-8 minutes.

Pour a little into a glass to taste and add more sugar as required.

The pot is held high and the tea is cascaded down into the glasses, which are filled about 3/4 full.

Traditionally, one is expected to drink three glasses. Moroccans do not comment upon the tea, but if it is to their liking, they will smack their lips appreciatively.



INFUSIONS

MEDICINAL BREWS

Thyme (Zaatar) for a head cold: Bring 1 cup water to a boil. Drop in a few stalks of thyme and allow to steep for 10 minutes in a covered pot. Drink while hot and immediately retire to bed.

Wild Mint (Fleeow) for colic: Prepare as above using 1-2 teaspoons of the dried leaves.

Caraway Seed for upset stomach: Prepare as above, but drink at room temperature or chilled.

Verbena for stomachache and cramps: It is prepared like tea and is often taken instead of tea (even without a stomachache).

ROSE WATER

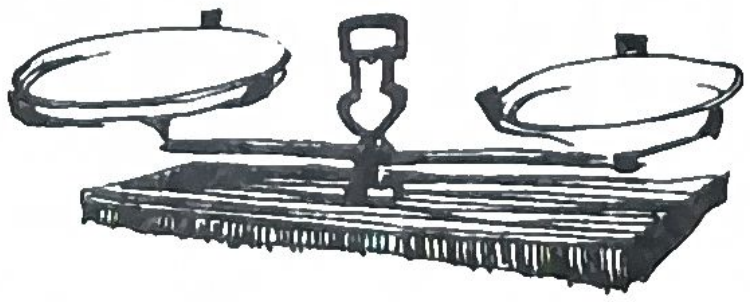
Preparation time: 1 hour and 20 minutes.

Take 2 cups of red rose petals and put into jug or earthenware pot.

Combine 4 cups boiled water with 1 cup sugar. Let cool. Add this to the rose petals and pour from one vessel to another until water is scented with flowers. Strain and store in refrigerator.

The actual making of rose water is very complicated and so this is a simplified version.

One can also buy prepared rose water.



ALMOND MILK

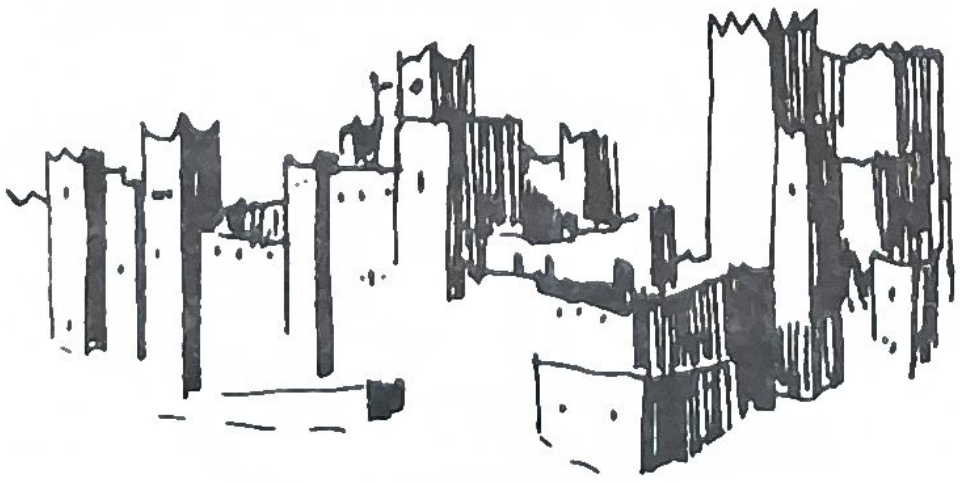
Serves 6.

1/2 c. almonds
1/2-3/4 c. sugar (to taste)
3/4 c. water
4 1/4 c. milk
1/8 c. orange water or zest of an orange

Crush almonds and mix with half the quantity of sugar, then mince four times. Place mix in a bowl and grind with pestle until it is of paste consistency. Add water and let stand.

This is the traditional recipe, but one can cut time by crushing the almonds, mixing with half the quantity of sugar and mincing once. Transfer to blender, adding a little at a time, until the total quantity is blended. Add the water and liquidize until it is an emulsion. Let stand 30 minutes. Mix the rest of the sugar with the milk, stirring vigorously to get sugar to melt. Perfume with orange water or add the zest to the almond mix. It does not matter if small particles of skin are added, too; this mixture is sieved. Pass almond mix through a chinois, a funnel-shaped sieve; if you have none, an ordinary round sieve will do. Add to milk. Serve very cold.

If you don't have orange water, do not despair; scrape a sharp knife over the skin of a well-washed orange and use the oily "zest" obtained on the blade.



DINING AT A MOUSSEM

We knew we could be no place else in this world except Morocco when we looked about inside our tent and noted the assemblage gathered there; host and wife, all his six children, the grandmother, a cousin, the dozen or so American guests, and the excellent cook who was serving us as we sat low among the pillows.

Outside the modest tent, we could see the night was smoky from the campfires; and we could hear flutes and drums. A thousand similar white tents were pitched in the pasture that summer week. The occasion for such an extraordinary campout was the annual moussem - one of several held in Morocco - when generations of descendants congregate at the burial site of a holy man. To attend this week-long picnic, a whole family will travel for miles with its entourage of cows, chickens and donkeys, and carry with them their tent cushions, food and couscous pots.

The purpose of the moussem is two-fold. Not only is it an appropriate time after a year's hard work to pray to Allah for a good harvest, but it is a wonderful time to feast and have fun with relatives and friends. Fortune tellers and soothsayers, medicine men and politicians have their heyday at the moussem. So do the dancers and the actors, who in traveling troupes perform either by invitation in the richer tents or for the price of admission in a public tent.

In farming districts like Romany, awards are given for the best livestock and, for example, the most productive acres.

We were dusty from a day of watching the horse and gunplay called Fantasia, and we were grateful when the host poured warm water over our hands

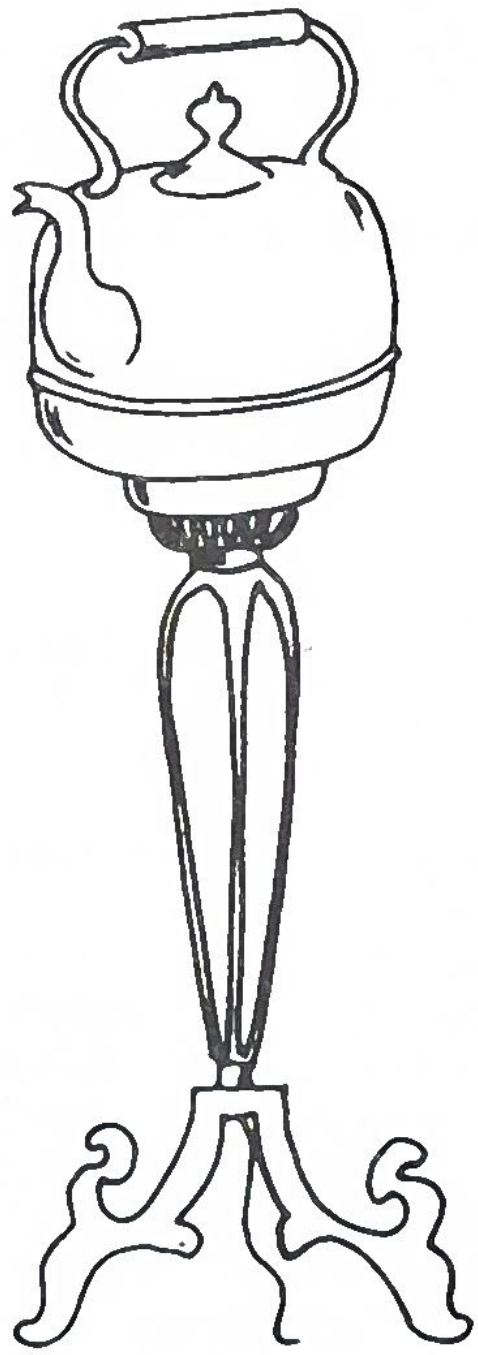
from a copper kettle into a basin, the ritual which commences the Moroccan feast. Fantasia might be dusty, but it is also a delight to see, for the Berbers are famous horsemen who relish the mock replay of their fierce attacks on the lowlands from their roosts in the mountains. Now their arena is a pastureland, the size of a football field, ringed by a crowd of turbanned men, brightly-garbed ladies, and many barefooted children. Elegant Arabian stallions charge the field, then stop suddenly, not a meter away from the frightened faces of the crowd, as the riders shoot their silver inlaid guns in unison into the clouds. Local drummers and flutists then meet the riders, leading them in a slow, proud parade back to the starting place to wait another turn to ride and shoot again.

To see Fantasia for the first time is a treat, and we spoke of our delight to our host as we began our dinner with the mechoui. Traditionally, the Moroccan host does not join his guests at the table, but sees to it that they are well taken care of, ushering in the servers for the several courses. This time our host joined us, but really to give us an example. He explained how to use the thumb and first two fingers of the right hand to tear the meat, and also how to form the couscous into round balls with thumb and palm. His family waited beside the tent until we had finished each course before beginning to eat.

On this occasion, the usually bland couscous had a very distinct flavor - almost that of Blue cheese. Of course, the conversation centered now on this surprising couscous. The host's mother finally explained by showing us a spoonful of the special ingredient with which she flavored her semolina for her guests. It was preserved butter, called smen, just on the verge of begin rancid - curdled just enough to duplicate that distinct Blue cheese flavor.

The "Blue Cheese" couscous, the Fantasia and the whole moussem certainly were special for us, as was the friendship of this most unusual day.

بسم الله على هذا واللي تبع واللي
بقي كمان يطيب



MAY GOD BLESS THIS DISH,

THE FOLLOWING ONE,

AND THE ONE WHICH IS STILL COOKING.

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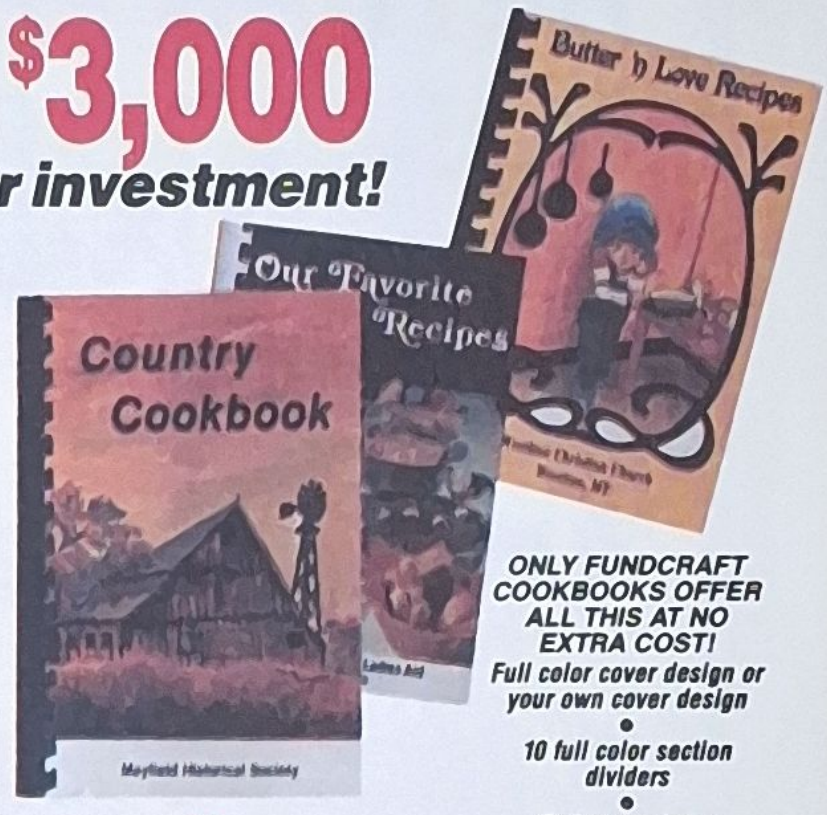

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.
ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER — A mixture of flour or liquid that can be beaten or stirred.
BISQUE — A rich thick cream soup made from fish.
BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE — A chowder made from several varieties of fish and wine.
BOUILLON — Clear soup made from lean beef.
BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.
CIDER — The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS — Crisp particles left after fat has been fried out.
CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.
DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.
DRIPPINGS — Liquids resulting from meat being cooked.
ENTREE – A dish served between the chief courses, before the roast.
FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.
FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS — The liver, gizzard or heart of poultry.
HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.
INFUSION — Liquid taken from tea, herbs or coffee.
JULIENNE — Food cut into very thin strips.
MACEDOINE — A mixture of fruits or vegetables.
MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.
MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.
BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW — To cook in hot liquid until flavor is extracted.
BROIL — To cook by exposing the food directly to the heat.
BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COAT SPOON — When a mixture forms a thin even film on the spoon.
CODDLE — To cook slowly and gently in a liquid just below the boiling point.
CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.
CUBE — To cut in even sliced pieces.
CUT — To divide foods with a knife or scissors.
DICE — To cut into small cubes.
DISSOLVE — To pass into solution.
FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES			White bread dough		

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

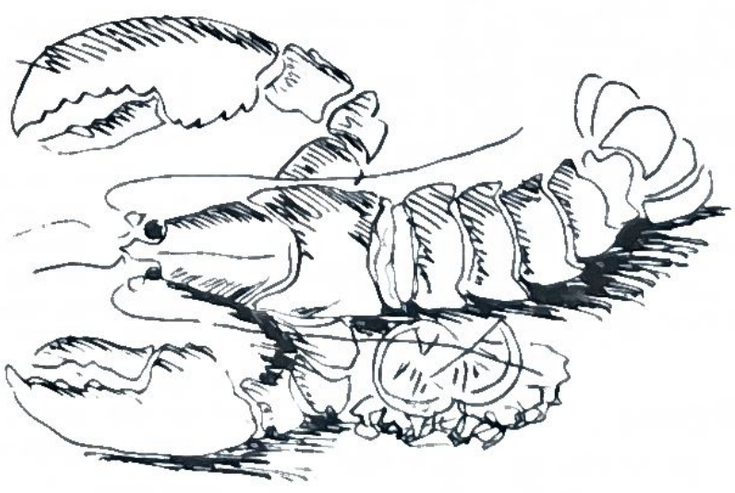


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS		
American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS		
Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES		
Beer	1 bottle, 12 oz	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
		96
Corn Flakes	1 cup	120
Cream of Wheat	1 cup	148
Oatmeal	1 cup	105
Rice Flakes	1 cup	100
Shredded Wheat	1 biscuit	110
Sugar Krisps	¾ cup	

		331
Pies:		
Apple	1 piece	290
Blueberry	1 piece	355
Cherry	1 piece	280
Custard	1 piece	305
Lemon Meringue	1 piece	280
Peach	1 piece	265
Pumpkin	1 piece	265
Rhubarb		
		200
Ice Cream:		
Chocolate Ice Cream	½ cup	150
Vanilla Ice Cream	½ cup	
		250
Miscellaneous:		
Chocolate Eclair, custard	1 small	120
Cookies, assorted	1, 3-inch dia.	296
Cream Puff	1	78
Jello, all flavors	½ cup	

FISH AND FOWL:		
		105
Bass	4 ounces	130
Brook Trout	4 ounces	85
Crabmeat (canned)	3 ounces	200
Fish Sticks	5 sticks or 4 oz.	158
Haddock (baked)	1 fillet	207
Haddock (broiled)	4 ounces steak	

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp	160
Chef Salad/mayonnnaise	1 Tbsp	125
Chef Salad/French, Roquefort	1 Tbsp	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp	28
French Dressing	1 Tbsp	60
Mayonnaise	1 Tbsp	110

Quantity Cooking

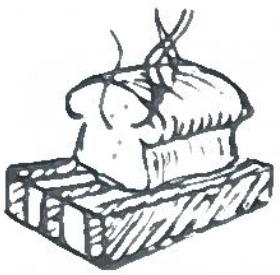
Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour
1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.
1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.
1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.
1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.
1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 /2 teaspoon baking soda.
1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.
1 whole egg .... 2 egg yolks for custards.
1 cup molasses .... 1 cup honey.
1 package active dry yeast .... 1 cake compressed yeast.
1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.
1 tablespoon prepared mustard .... 1 teaspoon dry mustard.



Favorite Recipes

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Notes

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